PIZZA NOVA
PIZZA NOVA
PIZZA NOVA
PIZZA NOVA
PIZZA NOVA

Toronto metro
WAGE LOVE!
Your essential daily news
A SPECIAL EDITION
WEEKEND, FEBRUARY 3-5, 2017

NOT BANNED HERE

SUDAN
Rania El Mugammar

SYRIA
Mariam Hamaoui

YEMEN
Adil Al-Serri

IRAN
Mahsa Alimardani

IRAQ
Mayasa Swadi

SOMALIA
Osman Ali

LIBYA
Eiman Zarrug

With so much division and hate in the world, these immigrants and refugees from the seven countries recently banned by the U.S. are **waging love, not hate** across the GTA

QUEBEC MOSQUE SHOOTING
'WE WILL RISE FROM THIS DARKNESS STRONGER' metroNEWS

SOMETIMES LOVE MEANS SAYING SORRY
(APOLOGIZE, PEOPLE) VICKY MOCHAMA metroVIEWS

OSCAR SPEECHES WON'T CHANGE THE WORLD — DOCS WILL
metroLIFE

Sun Kissed SALE!

Book by February 28

UP TO SAVE $1000†

transat

SUN PACKAGES

flights, transfers & all inclusive resort

Puerto Plata
$829
Casa Marina Reef Resort 3 1/2★
7 nts | Mar 21, 28
taxes & fees included

St. Maarten
$1169
Le Beach Hotel 4★
European Plan – No Meals
7 nts | Mar 18, 25 | taxes & fees included

Varadero
$1049
Blau Marina Varadero Resort 4★
7 nts | Mar 17, 20, 24, 27
taxes & fees included

NEW DESTINATION!

Cartagena, Colombia
$1199
Decameron Cartagena 3 1/2★
7 nts | Feb 24, Mar 3
taxes & fees included

NEW DESTINATION!

Managua, Nicaragua
$1099
Barceló Montelimar 4★
7 nts | Mar 16, 23
taxes & fees included

Jamaica
$1599
Royal Decameron Cornwall Beach 4★
7 nts | Mar 6, 16, 20, 23, 27, Apr 13
taxes & fees included

Riviera Maya
$1679
Luxury Bahia Principe Akumal Don Pablo Collection 5★
7 nts | Feb 28, Mar 1, 2, 6
taxes & fees included

Punta Cana
$1879
Grand Palladium Bavaro Suites Resort & Spa 4 1/2★
Junior Suite Imperial Club
7 nts | Mar 21, 28
taxes & fees included

FLORIDA PACKAGE

flights, accommodation & car rental*

Orlando
$779 KIDS PAY $329
Florida Holiday Homes 3★
7 nts | Adults
3-Bedroom Pool Home
Quad. Occupancy
Mar 24 | taxes & fees included

CRUISE PACKAGES

flights‡, transfers & cruise

MSC Divina
Eastern Caribbean
Miami | Nassau | St. Maarten
San Juan | Miami
$1629
Balcony Stateroom Cat. B2
7 nts from Miami | Itinerary A
Jun 10 | taxes & fees included

Norwegian Escape
Eastern Caribbean
Miami | St. Thomas | Tortola
Nassau | Miami
$1769
Interior Stateroom Cat. IB
7 nts from Miami
Apr 1 | taxes & fees included

Visit transat.com or contact your travel agent for more great deals.

transat Travel | **This Valentine's Day Give The Gift Of Travel**
visit www.transattravel.com

†Savings of up to $1000 per couple is applicable to Luxury Bahia Principe Akumal Don Pablo Collection and Grand Palladium Bavaro Suites Resort & Spa, for departure dates listed above. Savings reflected in advertised price. *Minivan included (basic plan, no insurance). ‡Cruise package flights are in/out of Fort Lauderdale with roundtrip transfers to and from Miami. **Sun Kissed Sale** is valid on new bookings from February 3 to 28, 2017, for travel until April 30, 2017. Flights are from Toronto via Air Transat in economy class. Prices shown are per person, based on double occupancy in lead room category, unless otherwise stated, including applicable taxes & fees. Space and prices are subject to availability at time of booking and subject to change without prior notice. Limited seats available at prices indicated: 20 per departure. Prices advertised are valid from February 3 to 6, 2017 only. Travel Agency fees may apply. Limited cruise package staterooms available at price indicated: 5 per departure. Ships' registry: MSC – Panama; NCL – The Bahamas. For full descriptions and terms and conditions, refer to transat.com. Transat is a division of Transat Tours Canada Inc., and is registered as a travel wholesaler in Ontario (Reg #50009486) with offices at 191 The West Mall, Suite 800, Etobicoke, ON M9C 5K8. The Transat Travel Gift Card is issued by the Home Trust Company. Transat Travel is a division of Transat Distribution Canada Inc. ON Reg. #50015084. Head Office: 191 The West Mall, Suite 700, Etobicoke, ON, M9C 5K8.

metro NEWS

Your essential daily news | A special edition

Good news: Canada's Shubenacadie Sam predicts an early spring.

Standing against discrimination

ADVOCACY

Corporations are speaking out on Trump's refugee ban

May Warren
Metro | Toronto

Members of the corporate world, both big and small, are stepping up to the plate to challenge discrimination and help victims.

Abdullah Snobar, executive director of Ryerson's Digital Media Zone, is offering startup space for people impacted by Donald Trump's travel ban on seven Muslim-majority countries.

The tech incubator is also making its in-house legal counsel available to help businesses and individuals navigate challenges the ban creates.

"It's the right thing to do," said Snobar, a Jordanian immigrant. "What we're seeing right now is completely against the values of who we are at the DMZ and, more importantly, who we are as Canadians."

The ban will hamper innovation in the tech sector, said Snobar, because it makes it harder for top talent to move around, meet with investors and expand businesses in new markets.

Some smaller businesses see supporting refugees as the least they can do and something customers appreciate.

Amine Rahal, CEO of Toronto's Little Dragon Media, recently launched a program offering free web design and marketing services to refugees. It's aimed at helping skilled people like electricians and plumbers develop websites to promote themselves.

"We would have launched the program regardless but seeing all these negative things makes me want to do something positive even more," Rahal said.

Some of rhetoric surrounding the travel ban makes it seem like refugees don't have anything to contribute when, in reality, the opposite is true, Rahal added.

"They could be a tremendous workforce for us here in Canada if we give them the chance."

UBER CEO

Uber CEO Travis Kalanick has been under fire for sitting on Trump's economic advisory board. Kalanick announced plans to step down from the group Thursday, a decision some credited to the #deleteUber boycott.

WINDOW COVERING SALE

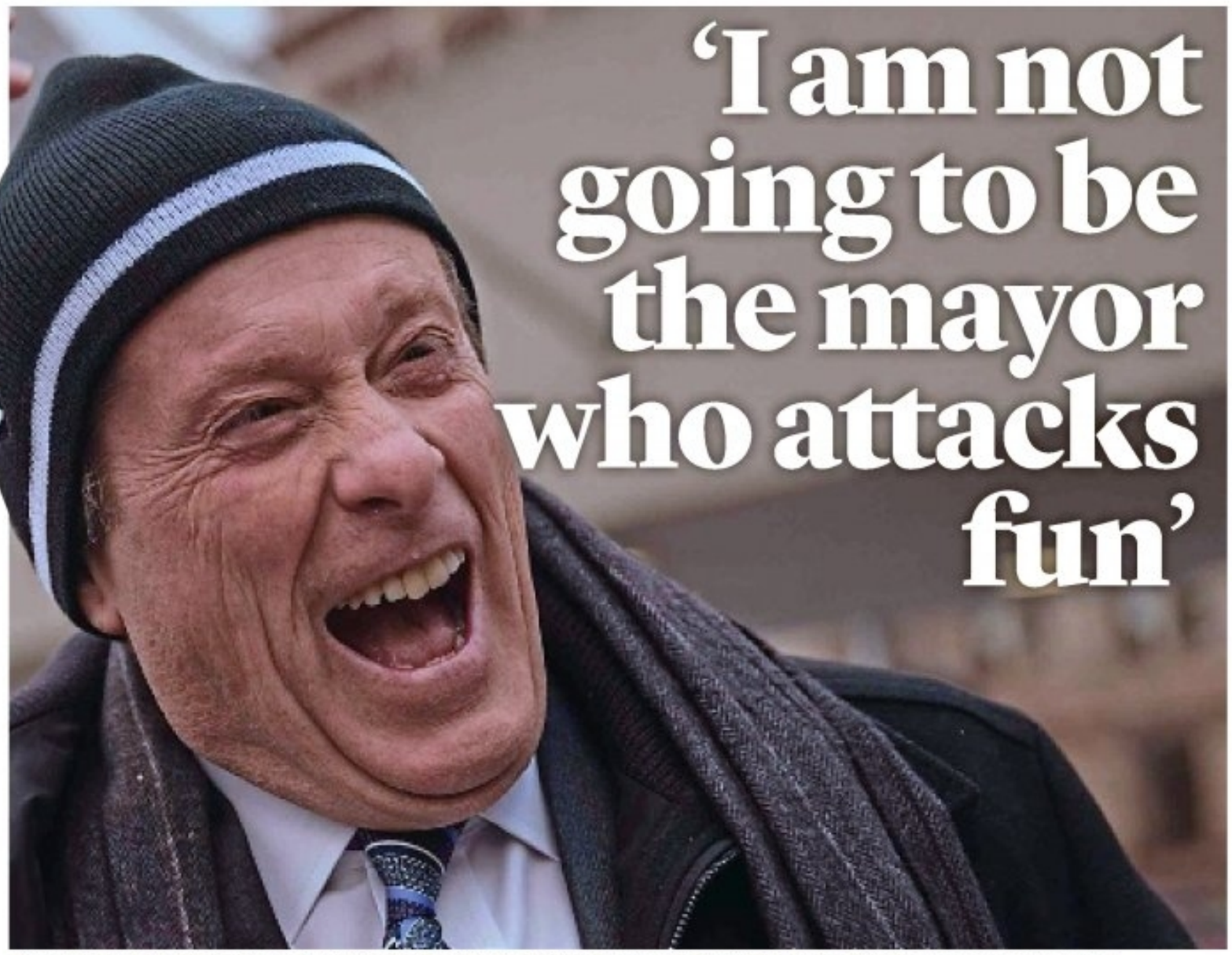
50% OFF HUNTER DOUGLAS BLINDS & SHADES
Choose from Renditions faux wood, Images screen, and Lifescapes honeycomb shades.

FREE POWEVIEW UPGRADE ON ALL PIROUETTE SHADINGS
Place any new order for Pirouette Window Shadings and upgrade to PowerView at no additional charge. Savings of $421.00.

40% OFF THERMAL DRAPERIES
Choose from our JF fabric collection when adding Thermal lining.

ARRANGE YOUR COMPLIMENTARY IN-HOME CONSULTATION TODAY
CALL 416-364-3959 OR 1-800-818-7779
January 9th to February 18th, 2017. Savings off our regular prices.

HUDSON'S BAY



‘I am not going to be the mayor who attacks fun’

Mayor John Tory thinks it’s appropriate for the city to review the use of sidewalks, and adjust fees. TORSTAR NEWS SERVICE

RESTAURANTS

Tory pledging to fight the ‘excessive’ patio fee hikes

Vowing not to be a killjoy mayor, John Tory is pledging to fight the “excessive” patio fee hikes proposed by city staff that have outraged restaurateurs and bar owners.

“I am not going to be the leader of or the mayor who attacks fun in this city,” Tory said Thursday. “Patios are an important part of my life” and help keep neighborhoods lively, he added.

While there should be “some compensation” to the city for anyone using a public asset, it needs to be fair and sensible and not drive smaller establishments out of business, he said.

Tory said he also thinks it’s appropriate for the city to review the existing café/patio and marketing use of sidewalks, and adjust fees accordingly, since that hasn’t been done in decades.

City staff acknowledged Thursday that they went too high and are willing to revisit the proposed fees. Licensing staff is proposing to dramatically boost fees charged to operate outdoor licensed and unlicensed patios in the city — in some cases more than 1,000 per cent — as part of the larger review to draft consistent city-wide standards for sidewalk cafes and displays. The permit fees vary depending on where in the city the patio is located.

Currently, an operator is charged $19.69 per square metre to sell alcohol and food in a designated area on a downtown Toronto sidewalk. This would increase to $296.01 per square metre, under the proposal. For an average 30-square-metre outdoor space, the current permit fee of $591 would jump to $8,880 at the end of a five-year phase-in period, according to city figures.

“The objective of the permit fee review is to balance the value of the sidewalk as a city asset with the public benefits that cafés/patios and marketing displays bring to local communities and residents,” licensing and planning department spokesperson Tammy Robinson wrote in email.

Toronto has 676 licensed patios. There are no licensing or permit fees for patios on private property.

Officials in the city’s real estate services calculated the estimated value of Toronto’s sidewalks. The proposed permit fees are approximately 55 per cent of the market value of the city’s sidewalks, Robinson said. A square metre of a downtown sidewalk is estimated to be worth $473.61

TORSTAR NEWS SERVICE

HOUSING

Board’s foreign buyer numbers questioned

As Toronto area housing prices have soared, so too has conjecture about the role of foreign property buyers in driving up the market.

When the Toronto Real Estate Board (TREB) released data on Tuesday showing only 4.9 per cent of transactions in the region involved offshore buyers, it was presented as proof that a lack of housing supply — not foreign buyers — is behind the region’s rocketing market.

But that hasn’t stopped the sceptics from questioning the figure. Those who doubt TREB’s findings compare Toronto’s situation to Vancouver where they say the real estate industry underestimated the level of foreign ownership until a crisis in housing affordability prompted the government to step in with a tax that appears to have had dramatic results.

Vancouver sales were down about 40 per cent in January, compared to the same month last year. They were 10 per cent below the region’s 10-year January average.

Toronto’s Realosophy president John Pasalis is among those who fear the Vancouver experience is happening here.

“Most agents’ biggest concern is obviously not immigrants. It’s the fact that when you have wealthy non-residents using homes as a safety deposit box it’s not good,” he said.

If things don’t settle down in another year, he fears that local buyers will feel completely cut out of the market because they can’t afford to buy anything.

That could fuel the kind of emotional populist movement being seen in the U.S. with the election of President Donald Trump, said Pasalis.

He also doesn’t set much store by TREB’s Ipsos poll of about 3,500 member agents. That’s fewer than 10 per cent of the 47,000 board members — 80 per cent of whom sell fewer than six properties a year, he said. TORSTAR NEWS SERVICE

WAGE LOVE!

Reverend, imam show they can walk the talk

Gilbert Ngabo
Metro | Toronto

The Rev. Terry Atkinson of Heart Lake Baptist Church and Imam Shaykh Ibrahim Hussain have been friends for a long time.

Now, in the wake of Sunday’s shooting at a Quebec mosque, they’re showing others how they walk the talk and hoping the bond can serve as an example for others.

They’ve joined forces for an effort called Where’s the Love?, which saw people come together Thursday night for a discussion about people coming together regardless of their background.

“Whether you’re religious or not, people have to know that we need more bridges. We don’t need more walls,” said Hussain, director of the Madina Institute in Mississauga.

The seminary teaches positivity through its centre for non-violence and peace.

“It’s unfortunate that we continue to have these tragic events,” Hussain said about the Quebec attack. “We’re all the creation of Almighty God, and we are one family.”

Warning issued for B.C. oysters

Dr. David McKeown says there have been 24 cases of gastrointestinal illness since January. THE CANADIAN PRESS FILE

FOOD SAFETY

Shellfish may be linked to several cases of norovirus

Ontario's acting Chief Medical Officer of Health is warning that two dozen cases of gastrointestinal illness may be linked to oysters from British Columbia.

Dr. David McKeown says there have been 24 cases of gastrointestinal illness since January consistent with norovirus in people who reported eating raw or undercooked oysters.

McKeown says cooking oysters at an internal temperature of 90 degrees Celsius for a minimum of 90 seconds should eliminate norovirus and other potentially harmful microorganisms.

Foodborne outbreaks of norovirus can occur when food is contaminated with the virus. Health officials say shellfish such as oysters can become contaminated from the water before they are harvested.

The common symptoms of gastrointestinal illness are nausea, vomiting, diarrhea and stomach cramps which will last one to two days in healthy people.

Anyone experiencing these symptoms after eating oysters is urged to contact a doctor.

THE CANADIAN PRESS

IN BRIEF

Shooting victim identified

Toronto's homicide unit has identified the city's latest fatal shooting.

Dameion McFarland, 35, was found in an apartment building on 2999 Jane St., near Finch Avenue at around 10:15 p.m. Wednesday.

Paramedics tried to resuscitate the victim in the apartment but he was pronounced dead on the scene. TORSTAR NEWS SERVICE

LETTERS OF NOTE

Why I'm grateful to be Canadian

Moving solidarity in the face of a tragedy

Today, more ever than before, I am grateful to be Canadian.

I am grateful for the outpouring of love and acceptance that I have received not only from my friends but everyone around me. I am grateful for the continuing messages of peace, safety and love that I am receiving from everyone around me.

I am grateful that no one has provided any justifications (mentally ill, lone wolf, isolated incident, etc.) for the actions of those individuals because, in this case, there are no justifications. Innocent people lost their lives, and there isn't an explanation in the world that can justify that.

I am grateful that those in places of power are recognizing this as an act of terrorism and have taken appropriate measures to ensure that anyone who feels targeted are reminded that they are safe, they are loved, they are welcomed and that they belong here.

I am grateful that the suffering of those left behind has not been undermined. Their grieving is understood because we all understand that no one deserves to lose their loved ones in such a way.

I am grateful that today I live in a country that uses diversity as its strength, that creates bridges instead of walls, that champions inclusion rather than isolation.

I am grateful that I live in Canada

As Hadhrat Mirza Tahir Ahmad, (May Allah have mercy on him) once said: "May the whole world become Canada and Canada the whole world."

ALIA MAZHAR, TORONTO

Portions of this letter have been edited for length and clarity.

Kouvalis leaving Leitch campaign

Nick Kouvalis, the controversial campaign manager for Conservative leadership candidate Kellie Leitch, has resigned, calling himself a "distraction to the campaign."

"When a member of a campaign team becomes the focus of media coverage, the time comes to resign," Kouvalis said in a statement posted to Facebook.

In his statement, Kouvalis also cited that "pressures that come with a stressful campaign leadership role" could affect his personal wellbeing.

Sources say Kouvalis has also stepped away from the re-election campaigns of Toronto Mayor John Tory and British Columbia Liberal Premier Christy Clark.

In a statement, Leitch said she had accepted his decision to quit but praised his impact on her campaign.

Leitch's pitch to vet immigrants, refugees and visitors for "anti-Canadian values" have drawn public criticism.

Nick Kouvalis TORSTAR NEWS SERVICE FILE

Kouvalis recently made national headlines for calling a political science professor a "cuck," the short form for cuckold and accused him of "treason" in a Twitter post. This language echoes what supporters of the "alt-right," a white nationalist movement, used against their opponents in the U.S. presidential race.

TORSTAR NEWS SERVICE

HUDSON'S BAY

Beauty Clinic

Our beauty pros share their secrets for radiant skin and give you an inside look at new spring colour in one-to-one sessions.

February 3 to 5, 2017

Save $10

on your next cosmetics or fragrance purchase of $75 or more before taxes, an exclusive coupon for event attendees.

Redeemable in store only from February 3 to 5, 2017. See in store for details.

Purple has the power

WAGE LOVE!

Students strike colourful blow for equality

May Warren
Metro | Toronto

When Jenna Jackson floated the idea of dedicating a day to fighting sexism, she didn't expect much.

But since the idea was born on Facebook a little more than a week ago, the response at Leaside High School has been "incredible."

"It just blew up," the 17-year-old said. "It kind of went from the Grade 12 girls wearing purple T-shirts to a schoolwide event to stand up for gender equality."

On Monday, students and teachers will don purple clothing and the school will get a makeover with special purple decorations. Female student entrepreneurs will have booths telling people about their work and donations will be collected for Plan Canada's Because I am a Girl campaign.

Jenna Jackson, third from right, is leading students at Leaside High School in a movement in support of women's rights and other minorities. LANCE MCMILLAN/FOR METRO

"If we can put a bit of money towards people who are making a difference not only in our community but around the world, we want to be able to do that," Jackson said.

Jackson first had the idea after rhetoric surrounding Donald Trump's election.

"People were using their political opinions to mask their sexism," she said. "It was something that I was noticing in my school and noticing with adults in my community."

Purple was chosen as the colour of the day because it gets away from pink and blue stereotyping, said student Samana Appalraju.

Local businesses are supporting the effort through signs and window displays.

"It just seemed like a good idea, especially in this political environment," said Elizabeth Ronan, manager at Peaches & Green, a specialty health boutique in the neighbourhood.

"Diversity and acceptance" are values "that we've always promoted here," she added.

HIGHWAYS

Liberals relieved toll scheme axed

It was starting to take a toll.

Liberal ministers expressed relief Thursday at the first cabinet meeting since Premier Kathleen Wynne stopped Toronto Mayor John Tory's plan to toll the Gardiner Expressway and the Don Valley Parkway.

As first disclosed by Torstar, ministers from the 905 region warned Wynne at their previous cabinet meeting on Jan. 18 that tolling the city-owned highways would hurt them in next year's provincial election.

It was their alarm — and a groundswell of opposition from other Liberal MPPs and Greater Toronto and Hamilton Area municipal leaders — that forced the premier to make the U-turn that infuriated Tory.

Finance Minister Charles Sousa, who represents Mississauga South, said residents "have stated very clearly and loudly" their concern about tolls without other transportation options available.

3

Liberal insiders note there was never a major 416-905 split in caucus over tolls. There were only three MPPs from Toronto who spoke in favour of them.

"They welcome the decision — it's a decision that they've asked us to make," said Sousa, noting the province is doubling the share of provincial gasoline tax revenues to cities, which will mean an additional $170 million a year for Toronto alone.

"People all over Ontario — certainly the municipalities that now qualify for more revenue — they're happy," he said.

Tourism, Culture, and Sport Minister Eleanor McMahon, who represents Burlington, said "the issue of affordability" was top of mind among her constituents.

"People who travel to Toronto and have to take their vehicle … would have been faced with increased costs of an average of about $1,000 a year," said McMahon, noting more public transit improvements are still required.

Both Progressive Conservative Leader Patrick Brown and NDP Leader Andrea Horwath were also against tolling the roads.

TORSTAR NEWS SERVICE

$1,800
WEIGHT LOSS
GRANT

Do You Have More than
20 lbs to Lose? - Apply Now!

- No Cost or Fee to Apply
- Approval within 48 Hours
- Thousands Paid Monthly!
- See Website for Application Deadline.

www.weightlossgrants.org

Please visit www.weightlossgrants.org for full Guidelines, Terms & Conditions.

Girl traumatized after bus ordeal

SCHOOL BOARD

Policy change after special needs student forgotten

A Toronto mother says her disabled daughter is still traumatized more than a week after being forgotten on board a school bus and left in the cold for six hours.

Laura Mastache says her daughter Wendy, who has both autism and epilepsy, has been noticeably more reserved and withdrawn since the incident on Jan. 23.

Mastache says the driver picked Wendy up as scheduled that morning, and was supposed to drop her off at the back entrance of a Toronto high school where the 19-year-old's special education program is held.

But the driver only dropped the students off at the front door, forgetting to take Wendy to her destination and leaving her on the bus, without heat, until it was time to take students home at the end of the day.

The incident prompted the Toronto District School Board to change one of its attendance notification policies and resulted in the bus driver losing her job.

Mastache says such actions can't ever answer the questions that linger as she and her daughter struggle to make sense of what happened.

> She was different. Everybody noticed. She didn't answer to her teachers. Laura Mastache, mother

"She could have died there," Mastache said in a telephone interview. "Hypothermia. I don't know if she had a convulsion, if she passed out, I don't know."

Mastache said the day began as usual when she put Wendy on the school bus around 8:30 in the morning. She had no idea anything was amiss until a concerned teacher phoned at the end of the day to report that Wendy had been absent from class all day, but had recently been seen getting off the bus that was rounding up students for the trip home.

The incident prompted a policy change at the Toronto District School Board, according to spokesman Ryan Bird.

The board routinely notifies parents if a student under the age of 18 has missed school, but did not do so once students were legally classified as adults, Bird said.

Mastache's ordeal has prompted the board to revise the policy and send absentee notifications to the parents of all special needs students regardless of their age, he said.

Mastache said her daughter was unable to return to school for days after the incident, only venturing back for a half-day on Wednesday.

THE CANADIAN PRESS

LETTERS OF NOTE

'The victim is all of us, as one human race'

Reflecting on the Quebec City mosque shooting

Community members gather outside George Street United Church on Monday for a vigil, organized by the Peterborough Peace Council, for the victims of the Quebec City mosque shooting. LANCE ANDERSON/METROLAND

Almost 12 years ago, there was a shooting in a mosque in Pakistan. I was 10 years old. I was there. I got shot.

Canada offered the refuge that my own country could not. Now I see such a horrendous thing so close to home, Canada, and it brings back memories and feelings.

The victim is all of us, as one human race.

The enemy doesn't care about faith, sex, creed, nation or anything else. The victim is the peace of our houses and houses of worship.

This is what we must remember, lest some of us may be encouraged to build walls against each other out of hate.

OMAR FAROOQ, VAUGHAN

Portions of this letter have been edited for length and clarity

The Room

THE ARCADIAN COURT
DESIGNER SALE

ON NOW

SAVE UP TO 85%

on already-reduced designer ready-to-wear, accessories and shoes when you take an extra 50% off of the last-ticketed price.

On until Saturday, February 4
11AM to 8PM
Arcadian Court, 401 Bay Street, Eighth Floor
Hudson's Bay Toronto Queen Street

Some exclusions apply. No adjustments on purchases made prior to Thursday, February 2, 2017. For more information, please call 416-861-6251.

Love without borders

Adil Al-Serri, Yemen

When he arrived in Toronto in 2008, Al-Serri didn't know many people and worried the transition was going to be difficult. But he was thankful for one thing: There was the Arab Community Centre and looking for volunteer opportunities there would be his starting point. "They'd send me to translate for new immigrants who didn't speak English, and I ended up making many, many friends like that," he said. What stood out for him was the extent of multiculturalism in every corner. "It's amazing. There are all these different groups of people, but you don't see any divisions," he said. Now, as founder of the Yemeni Canadian Club, his vision is to help uphold that sense of unity.

Mayasa Swadi, Iraq

Being born in a country "tormented by war after war" meant Swadi and her family led a nomadic life. She was only one year old when, in 1980, they moved to Egypt, then Saudi Arabia then to Syria. They eventually settled in Toronto, and, though the transition was hard in the beginning, Swadi didn't take long to assimilate. "There's just this feeling of compassion that makes you feel like you belong, like this is your home," she said. Swadi also appreciates the support immigrants receive from the community. She's planning to join protesters and add her voice to the movement calling for policies that don't discriminate. "That gives me hope: Being able to say what you feel and advocate for a safe world for everyone," she said.

Rania El Mugammar, Sudan

When she first arrived in Toronto, El Mugammar didn't feel like she belonged. People would ask her questions about being black and Muslim and why she didn't wear a hijab. That was 16 years ago, and things have changed. The city's growing diversity makes it easier for immigrants to find their footing, she said. "Almost 70 per cent of people in my neighbourhood of St. James Town came from somewhere else, which makes it a shared experience," she said. "It's easy to empathize and connect with a lot of people." But that doesn't mean Canada is immune to issues of racism and xenophobia. "We do something really dangerous (in) romanticizing Canada," she said, noting issues like reconciliation, police treatment of black people, Islamophobia and women's rights still need attention.

NIGHTINGALE
TORONTO STAR
thestar.com
AWARD

DO YOU KNOW A SPECIAL NURSE?

Nominate a nurse for the 16th Annual Toronto Star Nightingale Award

Submit your nomination including the following information:

- First and last name of the nurse
- Your name and daytime telephone number
- Specify hospital, ward, health care location, department or organization where the care or association with the nurse took place
- Approximate dates of care provided or date of association with the nurse
- Your relationship to the nurse (i.e. patient, family member of patient, friend of patient, former student or colleague).

Provide a personal account, in 250-500 words, explaining why this nurse deserves to be recognized with the Nightingale Award. This may include a brief description of his or her qualities, care of patient, specific examples of the nurse's efforts and dedication, and the difference he or she has made to your life or the lives of others.

NOTE: Your account must have taken place between January 1, 2016 and February 28, 2017. Nominee must be registered with the College of Nurses of Ontario. Nurses may not be nominated by a member of their family.

Send your nomination to: Nightingale Award Nomination, One Yonge Street, 4th Floor, Toronto, ON M5E 1E6. Or online at: thestar.com/nightingale

Deadline for nominations: March 16, 2017

& bans

As calls mount for more compassion and tolerance in the wake of President Donald Trump's travel ban, Metro talked to Canadians whose families are from each of the seven affected countries about what the spirit of love and acceptance has meant to them. **GILBERT NGABO** METRO

Mariam Hamaoui, Syria

Hamaoui's parents moved to Canada when they were teenagers, and as a Canadian-born citizen, she always carries that pride wherever she goes. "I have always felt included in society," she said. "If I was discriminated against, it was from individuals who were racist and did not want to accept Arabs and Muslims in their society. But it never made me feel I didn't belong." The 24-year-old now wants to make sure other newcomers feel welcome and included. "Being from a diverse country is what makes Canada so great," she said.

Eiman Zarrug, Libya

Her parents left Tripoli when she was only four months old, and Zarrug lived in London, England, before coming to Canada when she was eight. "The difference was like night and day," she said, remembering being fascinated by the ability to find Ethiopian food or a Chinese restaurant. While her background made it a challenge to "fit in" with her young colleagues in Europe, it felt like an advantage in Canada. "Being different was comforting," she said. "To this day, if you ask me where I'm from I'll tell you that I'm Canadian before going into details of what's written on my passport." It's encouraging to see people resist "disturbing policies that threaten our inclusiveness and diversity," she said.

Mahsa Alimardani, Iran

One thing Alimardani appreciates most about Canada is the ability to meld both of her cultures. "I always introduce myself as Iranian-Canadian, and that makes me feel proud." Alimardani grew up going back and forth between Iran and Canada, but was "fascinated" by the diversity of her school classes in Toronto. Being in a room where someone was Russian, Indian, French, Caribbean or Chinese made it feel "cool and normal," she said. "You always feel welcome and loved, no matter where you came from." It's "shocking" to hear that a country as powerful as the U.S. is introducing policies that divide people because of the country they came from, she said. "No one deserves this. No nationalities deserve that kind of treatment."

Osman Ali, Somalia

As a 20-year-old refugee arriving from Somalia in 1978, Ali thought nothing was going to be easy. He had nothing, and he knew no one in the country. But he was amazed at how friendly and welcoming people were. "It was easy to fall in love with Canada," he said. "You couldn't have wished to live anywhere else." As he went through the immigration process, and later studied and started his own family, he continued to appreciate the country's multiculturalism and the sense of diversity he sees in communities and in policymakers. "Canada is you and me. That's really what I like."

WE NEED MALES & FEMALES

Are you a healthy, non-smoking,

MALE OR FEMALE 18 AND OVER?

- Free of daily medications?

If so, you may be eligible for our upcoming clinical research studies:

- We conduct weekdays as well as weekend studies.
- Compensation may range from $1,000 to $4,000 depending on the length of the study.

BioPharma SERVICES INC. Research. Results. Reliability.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8am-6pm, Sat-Sun: 10am-6pm

4000 Weston Road, Toronto | www.biopharmaservices.com

HUDSON'S BAY OPTICAL

February 6–10, 2017

DESIGNER EYEWEAR EVENT

up to 50% OFF

Choose from select designer brands.

CALL TODAY FOR AN EYE EXAM
Toronto Eaton Centre 416-861-6201

Sanctuary cities idea gaining some traction

MUSLIM BAN

Term seen as display of protest to Trump's order

Stephanie Taylor
Metro | Winnipeg

In the wake of U.S. President Donald Trump's travel ban that targets people from seven Muslim majority countries, a number of Canadian cities are declaring themselves as sanctuaries for those affected by the policy.

Ottawa's city council is poised to vote on whether to become a so-called sanctuary city, while this week Toronto mayor, John Tory, presented a motion reaffirming the city's status, according to media reports.

Hamilton already has sanctuary city status, and London's city council also just voted to get it.

Toronto Mayor John Tory reaffirms the city's status as a "sanctuary city," in light of events in the U.S. TORSTAR NEWS SERVICE

But what exactly is a sanctuary city?

It varies from city to city, but lately, the term has been seen as a display of protest to Trump's executive order and Islamophobia in general.

The status also serves as a promise to all residents, those documented and undocumented, that they will have access to city services without being hassled over their immigration status.

Asked whether Winnipeg could be the next Canadian hub to become to be a sanctuary city, mayor Brian Bowman's office said no — at least not for now.

"At this point, frontline agencies and organizations helping and assisting new arrivals have not identified a need to declare Winnipeg a 'sanctuary city,'" Jonathan Hildebrand, Bowman's spokesman, wrote in an email statement to Metro on Thursday.

An anti-colonial migrant justice group calling themselves No One Is Illegal (NOII) will host two rallies on Friday to denounce Trump's executive order and demand Bowman make the declaration.

"NOII is calling on Mayor Brian Bowman to make Winnipeg a sanctuary city for the safety of undocumented migrants," a release issued Thursday reads.

In the U.S., sanctuary cities are municipalities that refuse to 'out' undocumented residents and turn them over federal immigration authorities.

Trump has threatened to pull federal funding from cities that refuse to deport undocumented immigrants.

CHARITY

Rival teams show love for good cause

Adam Kveton
For Metro | Ottawa

"When you lose somebody, you don't want him to be forgotten, and you just try and do your best."

Several years after the death of his older brother, that's a mission Patrick Grandmaitre is still dedicated to.

Last year, Grandmaitre, head coach of the University of Ottawa Gee-Gees men's hockey team, launched a new partnership between the hockey program and Do It For Daron, the mental-health advocacy group named for Daron Richardson, the late daughter of former Ottawa Senators player and assistant coach Luke Richardson.

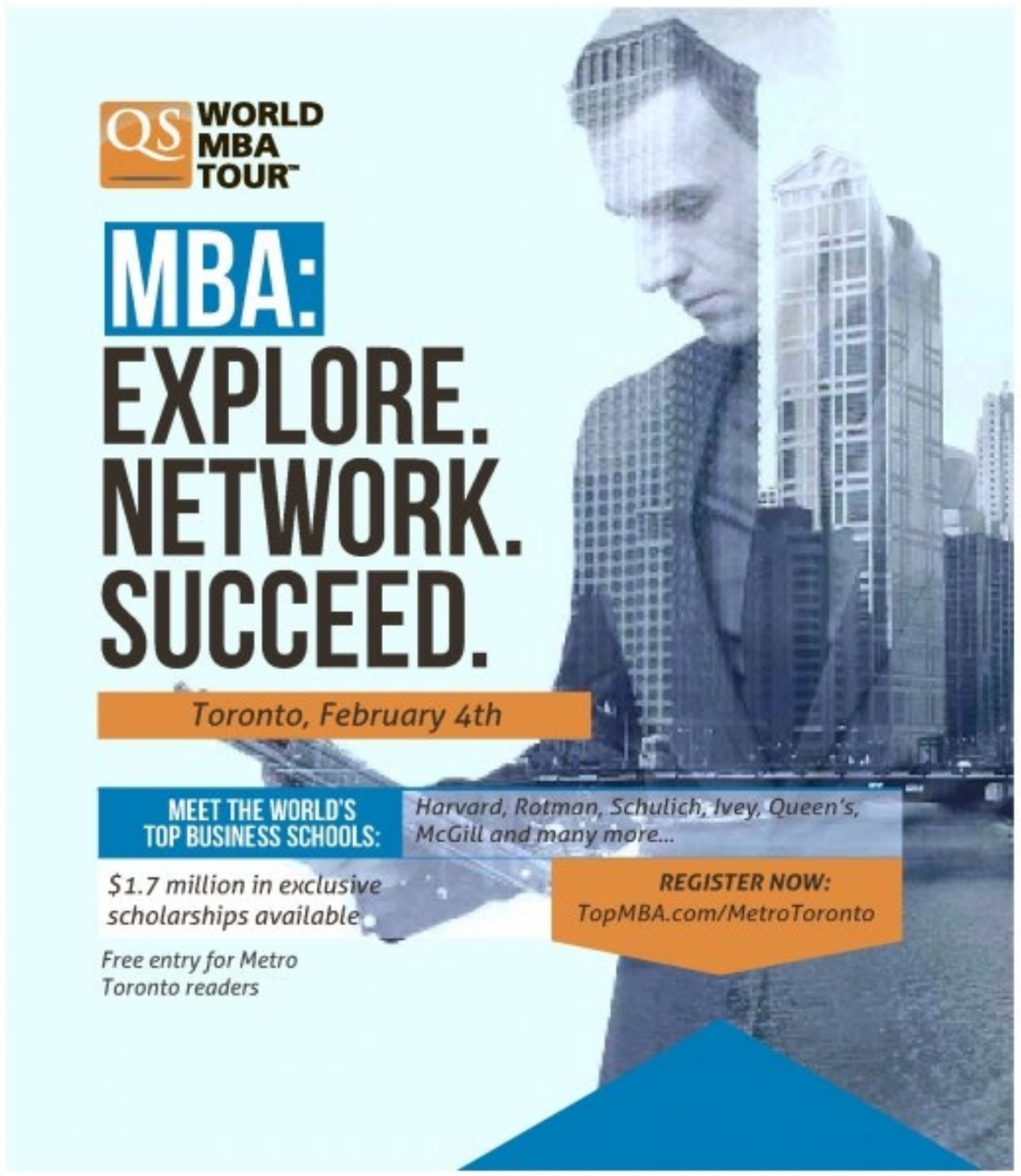
And last night, the Gee-Gees took on their crosstown rivals, the Carleton Ravens, at the Minto Sports Rink, in the first DIFD-associated game between the two teams. There was an information booth and DIFD stickers on both team's helmets. All 50/50 proceeds went to the charity's work with the Royal Ottawa's Mental Health Centre.

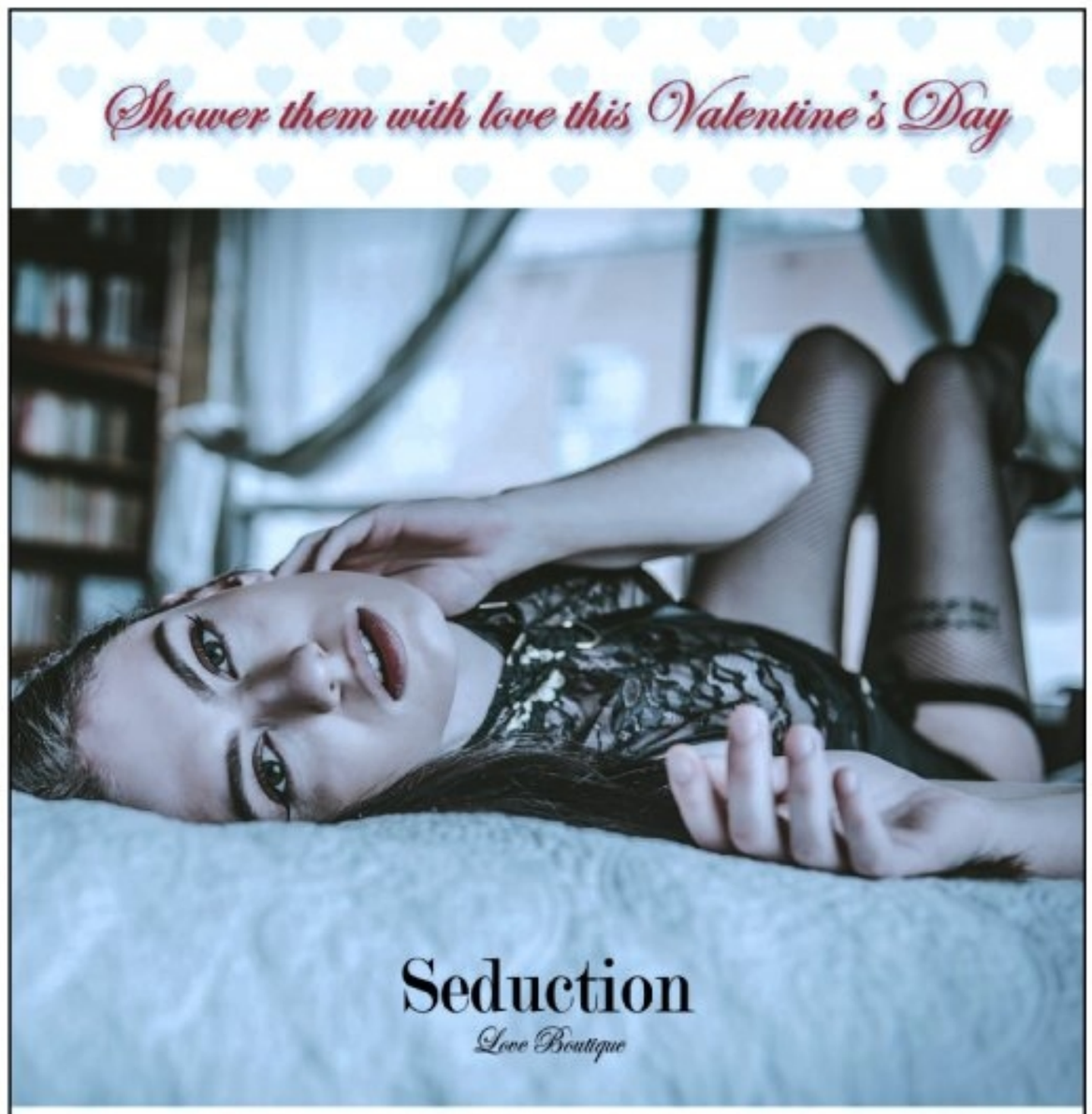
University of Ottawa Gee-Gees men's hockey head coach Patrick Grandmaitre knows what it's like to be part of a family dealing with mental-health issues.
ADAM KVETON/FOR METRO

The event serves as part of the legacy of both Daron Richardson, and Jean-Eric Grandmaitre.

"Both of our stories are different but similar at the same time," said Patrick.

Daron Richardson committed suicide in 2010. For her family, it was a terrible and sudden shock, while Jean-Eric's battle with mental health had been long and open, Patrick said.





‘We won’t forget’

MOSQUE KILLINGS

At funeral for shooting victims, PM urges solidarity

Mourners pray during a funeral ceremony for three of the victims of the deadly shooting at the Quebec Islamic Cultural Centre, in Montreal on Thursday. AFP/GETTY IMAGES

A brutal massacre at a Quebec City mosque has left Canada reeling in shock but also unified the country in solidarity with Muslims, Prime Minister Justin Trudeau said at a funeral service Thursday for three of the six victims.

“It is with a heavy heart that we come together this afternoon to grieve the loss of these innocent lives,” he told the solemn crowd. “But as a community and as a country, together we will rise from this darkness stronger and more unified than ever before — that is who we are.”

Abdelkrim Hassane, Khaled Belkacemi and Aboubaker Thabti were devoted fathers who worked hard to ensure their families had a bright future, a dream Canadians across the country have known and shared for generations, Trudeau said.

Several thousand mourners packed the Maurice-Richard Arena to pay their respects to the three men, whose caskets were draped in wreaths and the flags of their homelands.

Thabti, 44, was a pharmacist of Tunisian origin who had three children; Belkacemi, a 60-year-old father of two, was from Algeria and was a professor at Universite Laval; and Hassane, 41, was from Algeria. He was a father of three and worked in information technology for the provincial government. There were also prayers at the service for the three other victims: Azzeddine Soufiane, Mamadou Tanou Barry and Ibrahima Barry.

All six were fathers, “like me, like us,” said Quebec Premier Philippe Couillard. “They were sons and brothers and uncles, like me, like us. Friends, coworkers, like us. They were us. They were loved, appreciated, respected, and they always will be. We won’t forget them.

“I want to tell Muslim Quebecers: you’re at home here, we are all Quebecers,” he said to thunderous applause and cheers.

The support shown in the wake of the shooting shows “the Quebecois community is a unified community,” said Mohamed Yangui, president of the Islamic Centre of Quebec, the targeted mosque. THE CANADIAN PRESS

POLITICS O’LEARY POSTS GUN VIDEO ON DAY OF FUNERAL Conservative leadership candidate Kevin O’Leary’s campaign team on Thursday re-circulated a months old video of him at an American shooting range. The video shows the TV personality firing several guns. It was posted on Facebook and Vimeo on the day three victims from the Quebec City mosque shooting were buried. YOUTUBE

150 ways of looking at Canada

POSTCARD #3

FOX HARB’R, N.S.

I VISITED A VERY SPECIAL PLACE, FOX HARB’R, NOVA SCOTIA, IN JUNE 2016. I WAS SURROUNDED BY THE POWERFUL OCEAN AND A BEAUTIFUL RESORT, BUT I ALSO HAPPENED TO DISCOVER THIS STUNNING LIGHTHOUSE WHEN I WENT WALKING. IT’S PROBABLY THE MOST SPECTACULAR SCENE FROM MY TREKS ACROSS CANADA. **LESLEY-ANNE SCORGIE, TORONTO**

SEND US YOUR POSTCARD Each day until July 1, Metro will feature one reader’s postcard in our editions across the county, on Metronews.ca and our 150postcards Instagram page. You can get involved by sending us a photo of your favourite place in Canada along with 25 to 50 words about why that place is special to you. You can email us at **scene@metronews.ca** or post to Instagram or Twitter with the hashtag **#150postcards**.

If You Bought Sylvania Automotive Lighting You Could Get Money from a Class Action Settlement

Detailed information and updates are available on the Settlement Website:

www.autolightclaims.ca

A Canada-wide Settlement has been negotiated in class actions relating to the marketing and sales of Osram Sylvania Premium Automotive Lighting. This Settlement has been approved by the Courts and will provide benefits to purchasers of the following “Covered Products”:

SilverStar ULTRA, SilverStar, XtraVision, or Cool Blue replacement headlight capsules	SilverStar, XtraVision, or Cool Blue sealed beam headlights	SilverStar fog or auxiliary lights

ARE YOU INCLUDED?
You may be a Class Member if you purchased a Covered Product in Canada from September 22, 2005 until December 31, 2014.

WHAT IS THIS CASE ABOUT?
The lawsuits claim that Osram Sylvania, Inc., Osram Sylvania Products, Inc. and Osram Sylvania, Ltd. (“Sylvania”) misrepresented that certain replacement automotive lighting is brighter, provides a wider beam and allows drivers to see farther down the road than standard halogen lighting. It also claims that Sylvania omitted material information regarding the reduced life of the replacement lighting. Sylvania denies that it did anything wrong. The Courts did not decide which side was right. Instead, the parties have decided to settle.

WHAT DOES THIS SETTLEMENT PROVIDE?
A Settlement Amount of not less than CDN $1,150,000 (the “Settlement Fund Minimum”) and not more than CDN $1,750,000 (the “Settlement Cap Maximum”) is intended to pay claims to eligible Class Members, Notice Costs, Claims Administration Fees and Expenses, Class Counsel Fees and Expenses, and Honorarium Awards to the Representative Plaintiffs. In addition, Sylvania has also modified certain product(s) packaging. Full details about the Settlement are available on the Settlement Website at **www.autolightclaims.ca**.

WHAT TYPE OF COMPENSATION CAN YOU RECEIVE?
Individual Class Member may qualify for Compensation for one of the following, irrespective of how many products have been purchased:

Covered Products	Initial Amount	Maximum Amount
SilverStar ULTRA, SilverStar, XtraVision, or Cool Blue replacement headlight capsule	$12.00	$24.00
SilverStar, XtraVision, or Cool Blue sealed beam headlights	$12.00	$24.00
SilverStar fog or auxiliary lights	$12.00	$24.00

For each Claimant who submits a valid Claim, payment as described above will be issued[1], so long as providing such Compensation does not exceed the Settlement Cap Maximum. If providing each Claimant with such Compensation will exceed the Settlement Cap Maximum, then in such circumstances each Claimant’s Compensation will be reduced on a *pro-rata basis*.

HOW DO I ASK FOR A PAYMENT?
To receive Compensation, eligible Class Members must submit a Claim Form to the Claims Administrator through the Settlement Website, by email, or by mail sent no later than **May 4, 2017**. The Claim Form only takes 3-5 minutes to complete. No proof of purchase is necessary.

WHEN SHOULD I MAKE A CLAIM?
Immediately - the Claim Form is already available on the Settlement Website at **www.autolightclaims.ca** or you can obtain one by contacting the Claims Administrator at **1-855-745-7374**. You should act as quickly as possible, a Claim Deadline has been set for **May 4, 2017**.

WHAT HAVE THE COURTS DECIDED?
The Ontario Superior Court of Justice and the Superior Court of Québec have approved the Settlement as fair, reasonable and in the best interests of Class Members. The Courts have also approved a request from Class Counsel for counsel fees, disbursements and taxes, as well as, honorarium payments to the Representative Plaintiffs.

WHAT ARE YOUR OPTIONS?
If you are a Class Member, you may (1) send in a Claim Form; (2) exclude yourself (Opt-Out); or (3) do nothing.

If you don’t want to be legally bound by the settlement, you must opt-out. To do so, you must complete and submit an Opt-Out Form to the Claims Administrator by no later than **March 20, 2017**. The manner in which you opt-out is available on the form found on the Settlement Website. Residents of Québec must in addition give notice to the Clerk of the Superior Court of Québec. Anyone who opts out will not be bound by the Settlement Agreement and will not be eligible to claim benefits under the Agreement, but may be eligible to pursue an individual claim.

WHEN WILL I BE PAID?
Cheques will only begin to be mailed to eligible Class Members for Compensation at the earliest starting on July 3, 2017.

HOW CAN I GET MORE INFORMATION?
This Notice summarizes the proposed Settlement. More details are in the Settlement Agreement. You can get a copy of the Settlement Agreement and detailed information on how to obtain or file a Claim or Opt-Out on the Settlement Website at **www.autolightclaims.ca**. For any other information, please call the Claims Administrator at:

Bruneau Group Inc.
Nelson C.P. 20187 – 322 Rideau St.
Ottawa, Ontario K1N 5Y5
Tel: **1-855-745-7374**
Email: **info@autolightclaims.ca**

WHO REPRESENTS ME?
Class Counsel, or the law firms representing the Plaintiffs, are the following:

Consumer Law Group P.C
251 Laurier Ave. West, Suite 900
Ottawa, Ontario K1P 5J6
jorenstein@clg.org

Consumer Law Group Inc.
1030 rue Berri, Suite 102,
Montréal, Québec H2L 4C3
agrass@clg.org

[1]less the withholding owing to the *Fonds d’aide aux recours collectifs* (for Quebec residents only and if applicable).

This Notice has been approved by the Ontario Superior Court of Justice and the Superior Court of Québec.

REFUGEES

Trump 'unbelievably disappointed' in Aussie deal

The White House deepened its condemnation of an Obama administration refugee deal with Australia Thursday, saying President Donald Trump was "unbelievably disappointed" in the agreement.

Asked whether the deal would continue, Trump said, "We'll see what happens." However, Australian Prime Minister Malcolm Turnbull told Australians that the American president has committed to following through with the agreement to allow mostly Muslim refugees to resettle in the United States.

The agreement was a source of friction during a recent phone call between Trump and Turnbull, according to an administration official. The call ended after less than 30 minutes, well earlier than scheduled, though the official disputed reports that Trump hung up on the prime minister. The U.S. official was not authorized to publicly discuss the conversation and spoke on condition of anonymity.

The Obama administration agreed to resettle refugees from among about 1,600 asylum-seekers, most of whom are on island camps on the Pacific nations of Nauru and Papua New Guinea. Australia has refused to accept them and instead pays for them to be housed on the impoverished islands.

The White House suggested Thursday that the agreement would continue, with spokesman Sean Spicer saying any of the refugees who come to the United States would undergo "extreme vetting," but provided no details. He blasted the Obama administration for striking the agreement in the first place, saying the new president was "extremely upset" to have inherited the deal.

Trump, appearing moments later an event with Harley-Davidson executives, said that he has to "respect" actions of the previous administration. "But you can also say, 'Why are we doing this?'" he said. THE ASSOCIATED PRESS

A protester holds a sign during an anti-Trump rally in downtown Miami on Jan. 31. Miami-Dade County Mayor Carlos Gimenez issued a controversial order last week saying that Miami-Dade is not functioning as a sanctuary city. THE ASSOCIATED PRESS

Cities split on immigration

GOVERNMENT

Executive order is threat to funding

Donald Trump's promised crackdown on "sanctuary cities" has revealed the deep divide on immigration in liberal and conservative states, with some moving to follow his order and others breaking with the U.S. government to protect immigrants in the country illegally.

In Texas, Republican lawmakers pushed to deny money to cities with the policies on Thursday as demonstrators disrupted a hearing several times. Another U.S.-Mexico border state, California, is moving in the opposite direction by advancing a statewide sanctuary that would prohibit law enforcement in the nation's most populated state from co-operating with federal immigration authorities.

Trump's recent executive orders threatening to withhold federal funding from communities with sanctuary policies and calling for a border wall have produced widespread protests and fears that more immigration restrictions are in the future. The president's supporters have hailed the efforts.

Cities have mostly taken up sanctuary laws. There's no official definition, but often they tell police not to inquire about the immigration status of those they arrest or they decline requests from immigration officials to keep defendants in custody while they await deportation.

Phoenix leaders will consider a petition next month to adopt the policies.

On the state level, California would not be the first to block police from enforcing federal immigration law. Oregon pioneered statewide sanctuary in 1987, when immigrant workers and their families were sometimes housed in appalling conditions despite their importance to agricultural profits.

Oregon Gov. Kate Brown said she will enforce the law that prohibits police from detaining people who are in the U.S. illegally but have not broken other laws. She ordered all state agencies, not just law enforcement, on Thursday to follow the policy. THE ASSOCIATED PRESS

The Big Gig Event.
Only 'til Feb 6
Our lowest price LTE offer with 6GB of data, plus a $0 phone.
Try the new LTE network people are talking about – new, improved and traffic-free! Plus, more affordable than ever if you act now.
$45
$35 PER MONTH FOR 10 MONTHS
6GB*
• Unlimited Canada/U.S. talk
• Unlimited global text

$0 ZTE on MyTab
Freedom mobile
freedommobile.ca
Learn more at freedommobile.ca. The Smartphone 45 LTE plan is available for a limited time and is subject to change or cancellation without notice. *6GB of data includes 3GB of bonus data per month. Bonus 3GB will only be applied to the plan until January 31, 2018. The $100 service credit offer and $99 MyTab Bonus offer on the ZTE Grand X 4 are available until February 6, 2017 and are subject to change or cancellation without notice. To be eligible for the $100 service credit, you must activate a new Pay Before or Pay After line on an "Eligible Plan" (Smartphone 45 LTE, Everywhere 45, or Everywhere 55 plan). A $10 monthly credit will be applied to your account for up to 10 months to a maximum of $100. The credits will start to be applied to your account as a top-up before tax on your 2nd top-up date (for Pay Before customers) or as a bill adjustment before tax on your 2nd bill (for Pay After customers). To be eligible for the $99 MyTab Bonus offer, you must activate a new service or upgrade your phone to a ZTE Grand X 4 on MyTab and sign up on an Eligible Plan. MyTab terms and conditions apply. In addition, a downgrade fee of up to $99 will be charged if you switch to any plan other than an Eligible Plan within 24 months of activation or upgrade. The amount of the downgrade fee will be prorated based on the number of months left in the 24 month term. These offers may not be combined with any other in-market offer, with some exceptions. Additional terms and conditions apply. ZTE and ZTE Grand X 4 are registered trademarks or trademarks of ZTE Corporation. Screen image simulated. The Freedom Mobile name and logos and other words, titles, phrases, marks, logos, icons, graphics are trademarks of, or are used under license by, Freedom Mobile Inc.

WINTER IN CANADA
WINTER BY THE BEACH
FREE INFORMATION SEMINARS:
MISSISSAUGA: Feb. 4, 10 a.m., Holiday Inn, 2565 Argentia Rd
TORONTO: Feb. 5, 10 a.m., Holiday Inn, 3450 Dufferin St
Beach Properties
holaecuador.ca
Canadian project in Ecuador

metro VIEWS
WAGE LOVE! A special edition
Weekend, February 3-5, 2017

VICKY MOCHAMA ON LOVE AND APOLOGIES

The Muslim community in Canada has been treated appallingly. A peaceful, kind and diverse community has been treated as a pawn in a craven political strategy.

On Wednesday, Joël Lightbound, Liberal MP for Louis-Hébert, apologized to the families of the six men murdered in Quebec and to the Muslim community in Canada. "For the past few years, I have observed their ostracization and their stigmatization; having seen root in the hearts of my fellow men, fear, mistrust and hatred," he said. "I have done my best to answer them, but I have not done enough."

Many more apologies are owed. The Muslim community in Canada has been treated appallingly. A peaceful, kind and diverse community has been treated as a pawn in a craven political strategy, and their faithful citizenship has been rewarded with a cruel lack of loyalty.

During the 2015 federal election, the Conservative leadership used Muslims as a ploy for getting votes. Then-Prime Minister Stephen Harper repeatedly said that a majority of Canadians supported his government's ban on women wearing face-coverings like the niqab during citizenship ceremonies. When a Federal Court of Appeals struck down the ban, the Harper campaign vowed that if re-elected, they would introduce legislation that prohibited the niqab during the ceremonies.

Stephen Harper, then the leader of the nation and his party, owes the Muslim community an apology. He must especially ask the pardon of Muslim women: He used his platform to cheapen their desire to be citizens of this country, and to delegitimize their presence here.

That strain of calculated Islamophobia didn't go away with the party's electoral loss. No, it has instead resurfaced in a more diffuse and dangerous way. The Islamophobia that has been bubbling up since 9/11 has resulted in a twofold increase in hate crimes against Muslims from 2013 to 2016.

Perhaps it is that violent streak that has emboldened so many. Instead of backing down from dog-whistle politics, so many public figures have embraced it.

Having cried tears after her promotion of the Barbaric Cultural Practices Act, Kellie Leitch is now running for leader of the Conservative party on a platform of "Canadian values" – a vague notion that is transparent in its dog-whistling. A competitor, Steven Blaney, has made banning the niqab for public service employees a central piece of his platform. The right-wing media site, The Rebel, and its main personalities (Ezra Levant, Faith Goldy, Lauren Southern, to name a few) have made dangerous sport of Canada's Muslims. The media, too, owes Muslims an apology.

Moreover, a troubling pattern of only speaking to Muslim life when it relates to incidents of terrorism has emerged. In the most recent egregious instance of conflating Islam with terrorism, the Canadian Press published a story about a "report" that claimed mosques were hotbeds for terror. Except the authors had done little research besides walk around mosques.

In this moment of grief, the press, politicians, and public personalities should, like Lightbound, seek the forgiveness of the nation's Muslim communities. The public too is entirely culpable; allowing leaders to capitalize on fears of danger only creates a more dangerous world.

As I watched the funeral of three of the murdered North African Muslim men in Montreal on Thursday, I was struck by many moments, but specifically, by one call-and-response: "Vive Le Quebec. Vive Le Canada."

Even in sorrow, the community embraced those places that had not equally embraced them. For that, we all owe an apology.

SAY YOU'RE SORRY The media, a former prime minister, a current Conservative candidate and the Rebel's Ezra Levant all owe Canadian Muslims an apology, Vicky Mochama writes. CLOCKWISE FROM TOP LEFT: LIAM RICHARDS/THE CANADIAN PRESS, TWITTER, VIDEO SCREENCAP, JEFF MCINTOSH/THE CANADIAN PRESS

ROSEMARY WESTWOOD

Love is the only way we can fight the rise of a hateful president

Just call him Donald J. Trump, purveyor of love. A man who's quick to note how much he loves "the poorly educated," "Israel and the Jewish people," "Hispanics," "the coal miners," and, of course, America (circa the time when it was "great").

As for the love he's inspired in his supporters, some of it was courted, including from anti-abortion activists and evangelical voters who will love his Supreme Court nominee, Neil Gorsuch; and from those thrilled by his executive order on immigration, which relates to his promise to institute a Muslim ban; and from Wall Street, where hearts no doubt swelled at his promised dismantling of Dodd-Frank (the act instituted post-2008 to prevent a similar economic collapse by restricting risky lending by banks).

But Trump's also the founder of a new, national (even international) love-in he did not seek, and which he no doubt finds irritating: The motto Love Trumps Hate, which found a second wind as the de facto operating procedure of the left.

Love, in America, is trumping Trump's presidency. Those who came out in historic numbers for the Women's March, for example, proved that unattractive pink hats have actually no impact on the seriousness or longevity of a movement's activism. All that love for a variety of marginalized groups, expressed in hundreds of marches, has fuelled organized phone-call campaigns to pressure senators to stop the confirmation of Trump's cabinet picks. And in a new poll, 40 per cent of Democratic women say they are committed to being more politically active (just 27 per cent of Democratic men).

Protesters who've swarmed U.S. airports showing love for refugees and immigrants have forced Trump's administration to walk back some aspects of his executive order, and led to the heartwarming image of Jewish and Muslim families protesting side by side, with one child holding an actual "love" sign.

Arguing that it is women, in particular, who are trumping Trump's presidency, journalist Rebecca Traister wrote, "It takes a Villain" to unify and galvanize the left. But it also takes love. Love is how you know what to fight for. Love is what you seek when you stand with others and stand up for your beliefs. Love is the antidote of fear. It is sustenance for any resistance. This is not a revelation: It's been learned by people in dangerous times for centuries.

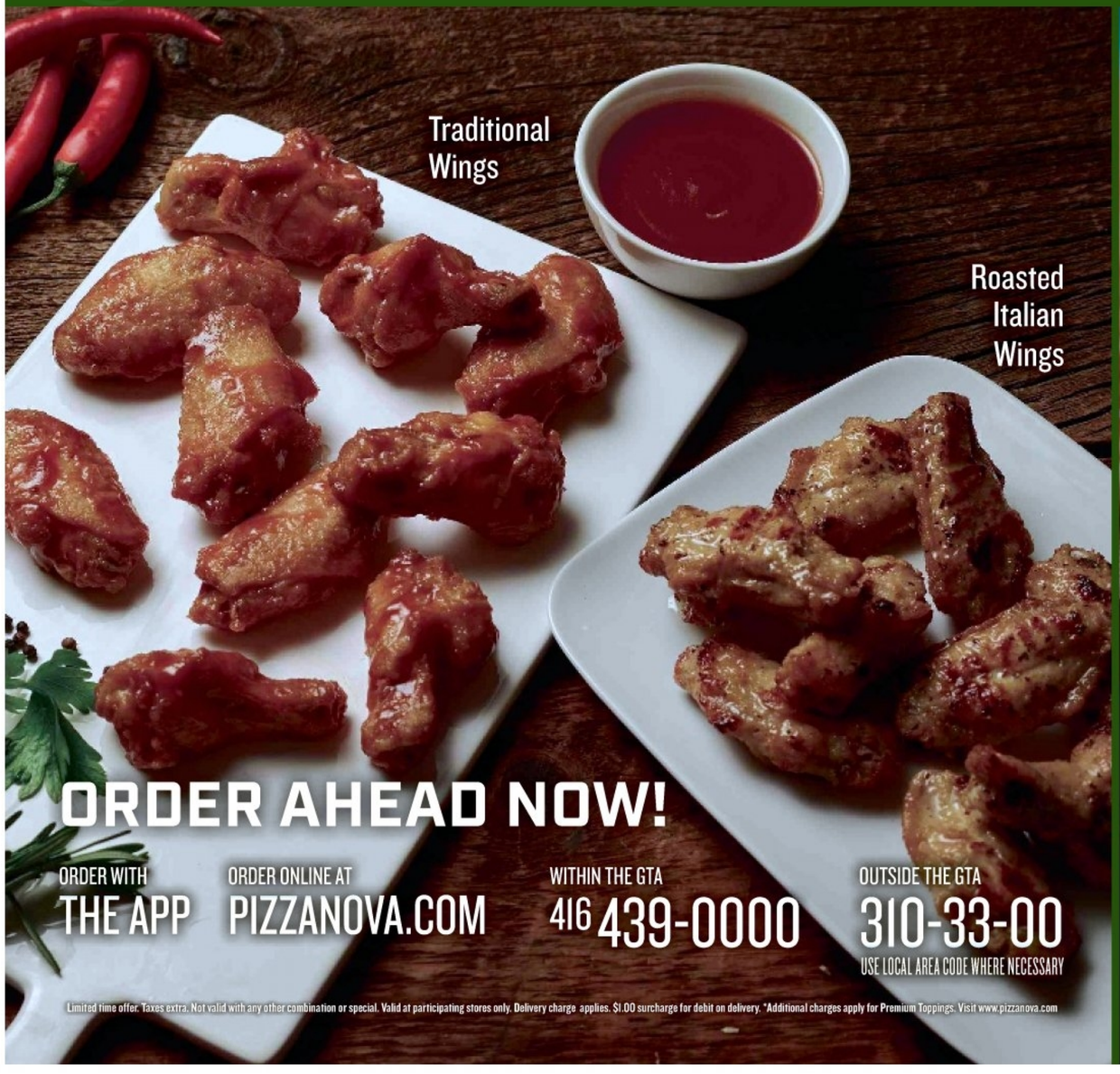
Still, love gets a rather gushy rap. In masculine cultures, it's been demoted to the feminine, deemed flimsy and passive, a beta emotion, a feeling without much muscle, or strength. But its power is now on full display in the U.S., thanks to the new president. And love poses the biggest threat to his administration.

metro
Your essential daily news
CHIEF OPERATING OFFICER, PRINT
Sandy MacLeod
VICE PRESIDENT & EDITOR
Cathrin Bradbury
EXECUTIVE VICE PRESIDENT, REGIONAL SALES
Steve Shrout
MANAGING EDITOR TORONTO
Angela Mullins
ADVERTISER INQUIRIES
adinfotoronto@metronews.ca
General phone 416-486-4900
FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

Metro Science will return next Friday.

THE BIG GAME ISN'T COMPLETE WITHOUT PIZZA AND WINGS!



metro WEEKEND
Your essential daily news
MOVIES MUSIC TELEVISION DIGITAL

Are you afraid of the...toaster?

IN FOCUS

A look at how inanimate objects in film can terrify us

Richard Crouse
For Metro Canada

Opening this weekend, Rings revisits the popular movie series about a deadly, mysterious videotape. HANDOUT

Years ago I interviewed Kōji Suzuki, author of the novels that spawned the Ring movies, manga comics and television shows. Ringu, the first book in the series, was published in 1991 and introduced us to the idea of a videotape (remember those?) that killed people seven days after they watched it.

The book and the movie were sensations, but in the interview Suzuki told me something really interesting. It's hard to imagine the Ring movies without the spooky, grainy videotape images, but the writer let it slip that VHS tapes weren't his first choice as a conduit of evil.

What was?

A haunted toaster. Good sense prevailed and he went with another commonplace object, one that almost everyone in the nineties had at least a passing familiarity with.

This weekend, Rings revisits the horrors of the original novel and films as a young guy decides to explore the urban legend of the deadly mysterious videotape. When his girlfriend sacrifices everything to save him, a shocking discovery is made — there's a movie within the movie!

Suzuki made videotapes the spookiest inanimate horror object ever, but they're not the only ones.

We can all imagine the fear that comes along with being chased by a werewolf. Or waking up to find Dracula staring down at you.

They are living, breathing (or in Drac's case, dead and not so breathing, but you get the idea) embodiments of evil. But how about inorganic objects? Have you ever been terrified of a lamp? Or creeped out by a tire?

There have been loads of haunted houses in the movies. In most of them, however, the house is merely a vessel for a spirit or some unseen entity that makes its presence know by making the walls bleed or randomly slamming doors. Rarer is the house that is actually evil.

Stephen King wrote about a house that eats people in the third installment of his Dark Tower series. On screen Robert Zemeckis and Steven Spielberg visualized the idea in the appropriately titled Monster House.

In that animated movie three teens figure out the house across the street is a man-eating monster.

By the time they got around to the fourth installment of the most famous haunted house series, the Amityville Horror, filmmakers had to figure out a new plotline apart from the tired "new owners move in to the house, get freaked out leave," storyline. In The Amityville Horror: The Evil Escapes, a cursed lamp causes all sorts of trouble when it is shipped from the evil Long Island house to a Californian mansion.

Much weirder is Rubber, the story of a killer tire (yes, you read that right) with psychokinetic powers — think Carrie with treads — who terrorizes the American southwest.

It's an absurdist tract on how and why we watch movies, what entertainment is and the movie business, among other things.

But frankly, mostly it's about a tire rolling around the desert and while there is something kind of hypnotic about watching the tire on its murderous journey — think Natural Born Killers but round and rubbery — that doesn't mean Rubber is a good movie.

Finally, think bed bugs are bad? How about a hungry bed? The title of this one sums it up: Death Bed: The Bed that Eats.

MOVIE RATINGS by Richard Crouse

Rings	★
The Space Between Us	★★
The Comedian	★★

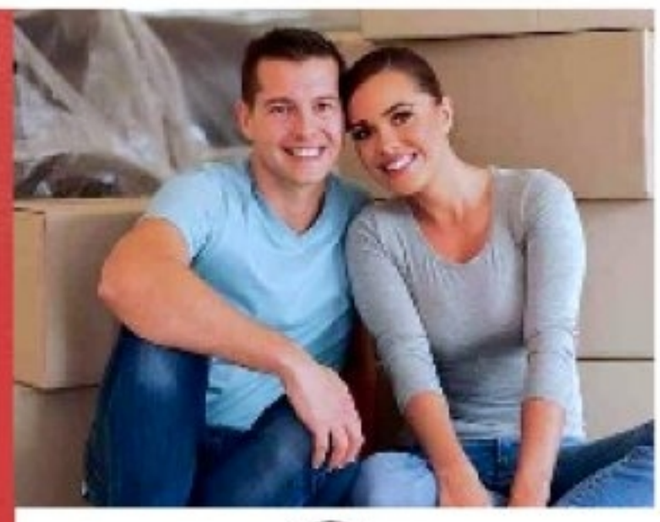
HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

WE HAVE THE CASH YOU NEED:
PAYDAY LOANS $100-$1500
GET YOUR FIRST PAYDAY LOAN FOR ONLY $15 PER $100

REMEMBER TO BRING THESE DOCUMENTS
• 2 PIECES OF ID • BANK STATEMENT • PROOF OF INCOME
• VOIDED CHEQUE OR PRE-AUTHORIZED DEBIT FORM

Visit www.cashmaxloans.ca for your nearest location

*New loans only. Existing customers and those with an outstanding loan within the last 30 days are not eligible. Loans subject to approval. Offer valid through 1/31/17. Cost per $100 borrowed is $15.00. As an example, if a $400 loan is paid on time in 14 days, the total cost of borrowing is $60 and the total due is $460. Payday loans should be used for short-term financial needs only, not as a long-term financial solution. Customers with credit difficulties should seek credit counseling.



CASH $ MAX PAYDAY LOANS

Coming of age in outer space

INTERVIEW

Asa Butterfield propels career into a more mature orbit

Steve Gow
For Metro Canada

English actor Asa Butterfield prepared for his lead role in The Space Between Us by using ankle weights to get used to the effects of Earth's gravity on someone from Mars. CONTRIBUTED

Asa Butterfield has decided to come of age in outer space. Metaphorically speaking, at least.

In the sci-fi drama The Space Between Us, the young English actor stars as the progeny of a pregnant astronaut that gives birth during a mission to the Red Planet. Sure, he may be born on Mars but the lonely teen ready for life on Earth is far from the quintessential green-skinned, antennae-sprouting Martian we've previously seen in Hollywood history.

"I knew I'd be able to have fun and (be) creative as an actor bringing him to life and fleshing out what makes him different and funny," admitted the lean star recently, who prepared by languishing in ankle weights to research the effects of Earth's gravity on someone from space.

"It's telling this love story, a road trip and it's a coming-of-age film — more than anything," added Butterfield of the film's emotional core. "He's super smart but he's not very educated in all the things that matter in terms of human connection and socializing so he's got this innocence and gullibility to him."

It was the comedy inherent in that inexperience that truly attracted Butterfield.

For the actor, it was an opportunity to break out from more serious roles in family adventures like Ender's Game and Miss Peregrine's Home for Peculiar Children and kickstart a career in more mature movies, like the forthcoming World War I drama Journey's End — a gruelling part he describes as "the most adult role I've had to play."

But the bridge to adulthood may be shorter than the 19-year-old anticipates. After all, his maturity already shines in his roles, no doubt it partly comes with the territory when you're making movies with a slate of experienced veterans like filmmaker Martin Scorsese, Harrison Ford and his latest co-star, Gary Oldman.

"Surprisingly it's quite easy to forget that aspect of it I guess," laughed Butterfield, displaying a lingering gesture of youthful naiveté. "I'm not really immersed in it all the time unless I'm working. So when I'm back at home I'm very detached from the acting world. It's only when I look back that I'm like, oh ya, I did work with all of these amazing people!"

BUTTERFIELD HOLDS COURT

Asa on science fiction: "I do really like science fiction and fantasy," said Butterfield whose oeuvre includes Ender's Game and Hugo. "To be able to break rules and play with things that don't necessarily exist; it just gives you more freedom and artistic license."

Asa on entering adulthood: "My character was the naïve, hopeful one who comes to the front line and thinks he's going to fight for his country," said Butterfield of the forthcoming wartime drama, Journey's End. "The way he changes in just the five days that the film covers is really powerful."

IN THEATRES THIS WEEKEND

A pair of telling tales and yet another turkey from De Niro

1 They Call Us Monsters (Directed by Ben Lear; 82 minutes; 14A) — If Hollywood made a fictionalized version of They Call Us Monsters, the characters surely would come across as beasts. Reality is tamer. The three teens profiled in this documentary on a screenwriting class for violent juvenile offenders are in an L.A. detention centre. Each is awaiting trial on gang-related charges of murder and/or attempted murder. California law sends juvenile offenders aged 14 to 17 to adult court. A debate over whether that needs to be changed is one the narrative themes of filmmaker Ben Lear's busy doc. Tighter editing might have made this a great movie, rather than just a good one. But it nevertheless helps us understand the eternal conundrum of family-loving teens who turn into violent threats to society.

2 The Salesman (Starring Shahab Hosseini, Taraneh Alidoosti, Babak Karimi; Directed by Asghar Farhadi; 125 minutes; PG) — Asghar Farhadi expertly measures the slow drip of human weakness and its consequences in The Salesman, his devastating drama nominated for Best Foreign Language Film at the Oscars. Screen protagonists Emad and Rana (above) are a married couple playing Willy Loman and his wife, Linda, in a Tehran production of Arthur Miller's Death of a Salesman, the classic tragedy of modern disillusionment. An assault the film never fully explains, but explores by way of a revenge scenario leaves few unscathed and all shaken. The message is how quickly civility can slip before your very eyes.

3 The Skyjacker's Tale (Starring Robert De Niro, Leslie Mann, Harvey Keitel and Danny DeVito; Directed by Taylor Hackford; 120 minutes; 14A) — This isn't Robert De Niro's worst movie — that would be last year's Dirty Grandpa — but it's a career nadir for director Taylor Hackford (Ray). De Niro is Jackie, long ago the star of a hit TV sitcom called Eddie's Home, who spawned a catch phrase but not a vital career. Edie Falco, Billy Crystal, Charles Grodin and other De Niro pals appear to no avail.

TORSTAR NEWS SERVICE

When the camera never lies

Hollywood is gearing up for one of the most outspoken Academy Awards ceremonies in living memory. No matter how vociferous and viral Meryl Streep and Co. are likely to be, the real seeds of change are to be found in the best documentary category. This year's list includes blistering explorations of America's relationship with race — 13th and I Am Not Your Negro — as well as Fire At Sea, Gianfranco Rosi's visceral chronicling of the migrant crisis in the Mediterranean. "Documentaries are the first line of education," said Steven Spielberg. Here are five documentaries that educated and, ultimately, made a difference in the world: **JOE CALLAGHAN** METRO

Blackfish

The death of an orca kept in captivity for 33 years made global headline news last month because this wasn't just any orca. The story of Tilikum, his involvement in the deaths of three individuals and the culture of capturing and breeding killer whales at Seaworld and elsewhere changed the aquarium/animal theme park industry worldwide. As Gabriela Cowperthwaite's documentary was given fresh impetus on Netflix, SeaWorld announced last year that it will end breeding, training and performing in favor of a conservation programs.

The Thin Blue Line

While the wild popularity of Netflix's Making A Murderer reignited fascination in true crime TV, the original trailblazer came on the big screen in the late '80s. Filmmaker Errol Morris set out to convince the world that Randall Adams had been framed and wrongly sent to death row for a murder he didn't commit. Thanks to the director's pioneering interview style and painstaking reenactments, he achieved his goal. Adams was freed and exonerated after the doc's release.

Super Size Me

Did any image put you off a Big Mac quicker than Morgan Spurlock spewing out his car window after one Happy Meal too many? The creator's cholesterol-tastic month on the McDiet ended with him having heart palpitations but gave the fast food industry even more of a scare. Just six weeks after release, McDonald's discontinued the Super Size option and then began a roll-out of healthier items. The fight against obesity goes on but Spurlock's month of fries-with-that made us all a little more Mc-wary.

Why We Fight

If Leni Riefenstahl's 1935 Nazi propaganda masterpiece Triumph of Will helped Hitler's wave of German nationalism rise all the way into World War II, Why We Fight helped turn the tide of the conflict. The seven-part series, largely helmed by Frank Capra, was commissioned to convince Americans of the importance of their country's belated involvement in the war. Capra's 'war information' documentaries did just that, even winning an Oscar for his first installment, Prelude to War.

Bowling For Columbine

Michael Moore's devastating delve into the country's unquestioning marriage to the gun was almost a starting point for the era of the American Idiot, as the U.S.'s global reputation took a nosedive. The scene where Moore receives a complimentary hunting rifle for opening a bank account sent jaws dropping. Moore was awarded an Oscar mere nights after George Bush had signalled the beginning of the invasion of Iraq, being booed from the stage as he blasted the doomed effort.

AND ANOTHER THAT SHOULDN'T BE MISSED

Sharkwater's impact still being felt

While the thoughts of many Canadians are with missing diver Rob Stewart's family this week (rescue efforts were still underway as of press time Thursday), we would be remiss not to include his film on this list.

Stewart's ground-breaking 2006 documentary **Sharkwater** is widely seen as one of the most pivotal pieces of conservation filmmaking ever produced. The myth-destroying work led to the creation of a raft of new conservation measures and directly led to shark finning being banned almost worldwide six years later.

DOCUMENTARY

Understanding the confusion that we now find ourselves in

One of the surest ways to see the power and relevance of James Baldwin's words today would be to look at some of the signs of recent protesters. "If I love you I must make you conscious of things you do not see," read one. "The only way to be really despicable is to be contemptuous of other people's pain," read another.

Or you could see Raoul Peck's urgent and clarion documentary I Am Not Your Negro. It resurrects Baldwin's words — his eloquent poetry of injustice — with the same fire with which they were blazed. Peck's film, which is nominated for best documentary at the Academy Awards, bears no talking heads. There's no analysis of Baldwin's influence in literature or interpretation of his politics. But there is his voice: clear, direct and piercingly prescient.

I Am Not Your Negro director Raoul Peck was given an unfinished copy of Remember This House, the book James Baldwin (right) was working on at the time of his death in which he was stitching together reflections on Macolm X (left) and Martin Luther King Jr (centre). SUPPLIED

"I wanted the confrontation to be direct from his words, himself to the audience," Peck, who shares his screenwriting credit with Baldwin, said. "I was the messenger."

It took Peck, the Haitian-born filmmaker of Sometimes in April, years to find the right avenue into Baldwin for I Am Not Your Negro, which opens in theatres Friday. A great responsibility hung over the decade-long endeavour, Peck says, to bring Baldwin to the forefront.

"I read Baldwin as a teenager and his writing never left me," said Peck. "His writing structured the man I am today and the filmmaker I am today. I wanted to make sure the next generation had access to Baldwin."

I Am Not Your Negro isn't a time capsule. It's about today. Peck juxtaposes Baldwin's words with images of police brutality, the Black Lives Matter movement and other recent events. Other images flicker at times — John Wayne and Doris Day — that question the white picture of America promoted by Hollywood.

What many respond to in Baldwin is his searing directness, his willingness to confront the deep-seated ills of America and to reposition questions of race. Peck believes his film is an intimate one intended to provoke the kind of personal inquiry demanded by Baldwin, who warned against "purposeful blindness."

"You cannot, whether you are white or black or Latino or whoever, you cannot come out of this film an innocent person," says Peck. "You know. You know all you need to know in order to face it, to react, to do something or not." THE ASSOCIATED PRESS

Lady Gaga mum on show details

Lady Gaga will be joined by Tony Bennett during her halftime show at Sunday's Super Bowl.

DAVID J. PHILLIP/THE ASSOCIATED PRESS

SUPER BOWL

Singer stays coy on possible political stance during halftime

Lady Gaga said she hopes her Super Bowl halftime show will celebrate "inclusion" and the "spirit of equality" during a time of national division.

"This performance is for everyone. I want to, more than anything, create a moment that everyone that's watching will never forget," she said in a press conference Thursday in Houston.

Gaga wouldn't reveal what songs she would sing, how many costumes she'll wear or any staging details, but promised a "tremendously athletic" show and no reappearance of her infamous meat dress.

She also said there wouldn't be any wardrobe malfunctions — like Janet Jackson's infamous moment when she performed at the last Super Bowl held in Houston in 2004.

"Everything is going to be nice and tight," Gaga said. "I wouldn't worry about that."

When Gaga debuted in 2008, her sound was a mix of electronic, dance and pop sounds, including the hits Poker Face and Just Dance.

Her latest album though, Joanne, delves into country and acoustic rock territory, and she said she plans to perform songs from her entire catalogue.

The 30-year-old singer, who sang the national anthem at last year's Super Bowl, was nominated for the best original song Oscar last year and won a Golden Globe for her role on the FX series American Horror Story. Gaga said she considers being asked to be the halftime headliner is due to her fans, affectionately known as "little monsters."

"Essentially, that kid that couldn't get a seat at the cool kids table and that kid who was kicked out of the house because his mom and dad didn't accept him for who he was? That kid is going to have the stage for 13 minutes," she said. "And I'm excited to give it to them."

The performance at the NRG Stadium will also feature Tony Bennett, who Gaga called a "tremendously wise man." Gaga and Bennett, 90, recorded the 2014 album of duets, Cheek to Cheek, which won a Grammy — the sixth for Gaga. They also launched a successful tour.

THE ASSOCIATED PRESS

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

2	9	8	1	4	3	6	5	7
4	6	3	7	2	5	8	1	9
7	1	5	9	8	6	3	2	4
3	5	7	4	6	2	1	9	8
6	8	9	5	7	1	2	4	3
1	2	4	3	9	8	5	7	6
8	4	1	6	5	7	9	3	2
9	3	2	8	1	4	7	6	5
5	7	6	2	3	9	4	8	1

MOVIE LISTINGS

DOWNTOWN

Carlton Cinema Theatre
20 Carlton St., 416-494-9371
Buffy the Vampire Slayer Wed 9 **Psychomania** Sat 9 **Rogue One** Fri-Thu 1-3:50-6:45-9:30

Scotiabank Theatre
259 Richmond, 416-368-5600
Air Force One Sat 4:45 Tue 10 **Assassin's Creed** Fri 4:30-10:20 Sat 3:40-9 Sun-Mon 4:30-10:20 Tue 5:10-10:30 Wed 4:30-10:20 Thu 4; 3D Fri 1:30-7:30 Sat 6:20 Sun 7:30 Mon 1:30-7:30 Tue 7:50 Wed 1:30-7:30 Thu 1 **Blade Runner: The Final Cut** Fri 2:45 Sat 7:30 **Blood Simple** Fri 10 Mon 12 **The Comedian** Fri 1:55-4:50-7:45-10:30 Sat 11:45-2:25-5:05-7:45-10:30 Sun 1:45-4:40-7:35-10:20 Mon-Thu 1:55-4:50-7:45-10:30 **Fantastic Beasts and Where to Find Them** Fri-Thu 12:20-3:20-6:30 **Fargo** Fri 7:30 Mon 2:15 **The Fifth Element** Mon 10 Thu 4:15 **Fifty Shades Darker** Thu 7-9:50 **Fight Club** Tue 4:15 Thu 10 **The Fugitive** Sun 5:45 Tue 7:15 **Groundhog Day** Fri 5:15 Sat 2:30 **Hacksaw Ridge** Fri-Thu 12:30-3:25-6:25-9:20 **Heat** Sun 8:30 Tue 12:45 **John Wick: Chapter 2** Thu 7:20-10:20 **Jurassic Park** Sun 3 Wed 5:30 **Legend** Fri 12:30 Sun 12:45 **Live by Night** Fri-Thu 9:30 **Manchester by the Sea** Fri-Thu 12:10-3:10-6:10-9:10 **Patriots Day** Fri-Tue 12:50-4-7:10-10:10 Wed 12:20-3:30-9:55 Thu 1-4-9:40 **The Princess Bride** Sat 12:15 **Pulp Fiction** Mon 4:30 Thu 7 **Resident Evil: The Final Chapter** Fri-Tue 4:20 Wed 2:45 Thu 4:20; IMAX Fri 12:10-2:40-5:10-7:45-10:20 Sat 12-2:30-5-7:35-10:10 Sun-Tue 12:10-2:40-5:10-7:45-10:20 Wed 1:40-4:10-10:10 Thu 12:10-2:40-5:10-7:45-10:20; 3D Fri-Tue 1:40-7-9:40 Wed 12:10-5:20-8-10:25 Thu 1:40-7-9:40 **Rings** Fri-Wed 12:30-3-5:30-8-10:30 Thu 12:25-3-5:30-8-10:30 **Rogue One** Fri 12:45-6:45 Sat 12:40-6:45 Sun-Thu 12:45-6:45; 3D Fri-Thu 3:45-9:45 The **Running Man** Mon 7:45 Wed 12:30 **Shallow Grave** Wed 8 Thu 2:15 **Split** Fri 4:30-7:15-10 Sat 12:40-3:30-6:30-9:30 Sun 12:40-1:40-3:30-6:30-9:30 Mon-Wed 12:40-3:30-6:30-9:30 Thu 12:40-3:30 Fri 2:15-5-7:45-10:30 Sat 1:30-4:20-7:15-10:10 Sun 5:15-8-10:45 Mon-Thu 1:30-4:20-7:15-10:10 **Starship Troopers** Sat 10 Wed 2:45 **Trainspotting** Wed 10 Thu 12 **xXx: Return of Xander Cage** Fri-Mon 2:50 Tue 2:40 Wed-Thu 2:50; 3D Fri-Mon 12:20-5:20-8-10:30 Tue 12:10-4:45-7:20-9:55 Wed-Thu 12:20-5:20-8-10:30

Market Square
80 Front St., 416-494-9371
Fifty Shades Darker Thu 7-9:50 **Gold** Fri-Sat 1-4-7-9:35 Sun-Mon 4-9:35 Tue 1-4-7-9:35 Wed 4-9:35 Thu 1-4-7-9:35 Sun-Mon 1-7 Wed 1-7 **Hidden Figures** Fri-Thu 12:45-3:45-6:45-9:45 **La La Land** Fri-Thu 12:55-3:55-6:55-9:55 **The LEGO Batman Movie** Thu 7:10-9:30 **Monster Trucks** Fri-Wed 1:10-4:05-6:40 Thu 1:10-4:05 **Resident Evil: The Final Chapter** Fri-Wed 1:05-3:35-7:05-9:45 Thu 1:05-3:35 **Split** Fri-Thu 12:50-3:50-6:50-9:50 **xXx: Return of Xander Cage** Fri-Wed 9:30

Varsity
55 Bloor St. W., 416-961-6304
20th Century Women Fri 1:10-4:05-7:15-10:20 Sat-Sun 10:30-1:10-4:05-7:15-10:20 Mon-Thu 1:10-4:05-7:15-10:20 **Fences** Fri-Thu 1:30-4:30-7:30-10:30 **Hidden Figures** Fri 1:45-4:40-7:35-10:30 Sat-Sun 10:50-1:45-4:40-7:35-10:30 Mon-Thu 1:45-4:40-7:35-10:30 **Jackie** Fri-Wed 1:50-4:55-7:40-10:25 Thu 4:55-7:40-10:25 **La La Land** Fri 12:20-3:25-6:50-9:55 Sat-Sun 10:45-12:20-3:25-6:50-9:55 Mon-Thu 12:20-3:25-6:50-9:55 Fri-Thu 12:30-3:30-6:30-9:35 Lion Fri 1:10-4:10-7:10-10:15 Sat-Sun 10:30-1:10-4:10-7:10-10:15 Mon-Thu 1:10-4:10-7:10-10:15 **Manchester by the Sea** Fri 12:15-3:20-6:40-10 Sat-Sun 12:10-3:20-6:40-10 Mon-Wed 12:15-3:20-6:40-10 Thu 12:15-3:40-6:55-10 Fri-Thu 1-4-7-10:05 **Moonlight** Fri 1:05-3:55-6:45-9:40 Sat-Sun 10:30-1:05-3:55-6:45-9:40 Mon-Thu 1:05-3:55-6:45-9:40 **The Salesman** Fri-Thu 12:40-3:50-7:05-10:10 **Silence** Fri-Thu 2-5:40-9:05

Yonge & Dundas 24
10 Dundas St, 416-977-2642
Arrival Fri 12:35-3:30-6:30-9:25 Sat-Sun 12:40-3:40-6:30-9:25 Mon-Tue 6:30-9:25 Wed 9:55 Thu 6:30-9:25 **Buddies in India** Fri 2:40-5:15-8-10:30 Sat-Sun 12:45-3:20-6:10-8:45 Mon-Thu 2:40-5:15-8-10:30 **A Dog's Purpose** Fri 2-4:30-7:10-9:45 Sat-Sun 11:15-1:50-4:30-7:10-9:45 Mon-Tue 2:30-5:10-7:10-9:45 Wed 1:30-4-7:10-9:45 Thu 4:10-7:10-9:45 **Fifty Shades Darker** Thu 7-10 **The Founder** Fri 1:20-4:05-7:20-10:10 Sat-Sun 1:45-4:30-7:20-10:10 Mon-Thu 7:20-10:10 **Gold** Fri 1:40-4:25-7:10-10:20 Sat-Sun 1-4-7:10-10:20 Mon-Thu 1:40-4:25-7:10-10:20 **Hell or High Water** Fri 10 Sat 10:40 Mon 10 Tue 4-9:30 Thu 10 **Hidden Figures** Fri 1:20-4:15-6:50-9:50 Sat-Sun 12:50-3:50-6:50-9:50 Mon-Thu 1:20-4:15-6:50-9:50 **John Wick: Chapter 2** Thu 7:30-10:30 **Journey to the West: The Demons Strike Back** Fri-Tue 5:30 Wed 5:15 Thu 5:30; 3D Fri-Tue 12:15-2:50-8:10-10:45 Wed 12-2:35-7:55-10:30 Thu 12:15-2:50-8:10-10:45 **Kaabil** Fri 2:05-4:50-6:50-10 Sat-Sun 12-3:10-6:40-10:15 Mon-Wed 6:50-10 Thu 7:15-10:30 **The King** Fri 1:40-4-6:30-9:50 Sat-Sun 12:10-3:20-6:30-9:50 Mon-Thu 6:30-9:50 **Kung Fu Yoga** Fri 1:30-4:05-7:30-10:15 Sat-Sun 11:20-1:55-4:40-7:30-10:15 Mon-Thu 1:30-4:05-7:30-10:15 **La La Land** Fri-Wed 12-3-6-9 Thu 7-10:15 Thu 1-4; IMAX 2 Fri 2:10-5:05-8-10:55 Sat-Sun 11:25-2:10-5:05-8-10:55 Mon 12:20-3:15-6:10-9:05 Tue 2:10-5:05-8-10:55 Wed 12:20-3:15-6:10-9:05 Thu 2 **The LEGO Batman Movie** Thu 6-9; IMAX Thu 5:20-8-10:35 **Lion** Fri 1:35-4:20-7:20-10:10 Sat-Sun 12:25-3:30-6:40-9:50 Mon-Thu 7:20-10:10 **Moana** Fri-Thu 1; 3D Fri-Thu 7 **Passengers** Fri-Thu 4:10; 3D Fri-Thu 9:40 **Raees** Fri 1:30-4:10-7:30-10:55 Sat-Sun 12-3:20-6:50-10:15 Mon-Tue 1:30-4:10-6:50-10:15 Wed 1:30-4:10-6:30-10:15 Thu 1:30-4:10-6:50-10:15 **Resident Evil: The Final Chapter** Fri-Thu 4:30; 3D Fri-Sat 1:30-7:30-10:30 Sun-Mon 1:30-7:20-10:10 Tue 1:30-7:30-10:30 Wed 1:30-7:20-10:10 Thu 1:30 **Rings** Fri-Sat 12-2:40-5:30-8:15-11 Sun-Mon 2-5-7:40-10:30 Tue 12-2:40-5:30-8:15-11 Wed 2-5-7:40-10:30 Thu 12:40-3:40-6:40-9:40 **Sing** Fri 1:30-7:40 Sat 2:30-7:40 Sun 2-7:40 Mon-Wed 7:40; 3D Fri 5:15-10:25 Sat 11:50-5:05-10:25 Sun 5:05-10:25 Mon-Tue 10:25 Wed 10:30 **Sleepless** Fri 1:50-4:40-8-10:25 Sat-Sun 12:10-2:50-5:20-7:50-10:25 Mon-Thu 1:50-5:20-7:50-10:25 **The Space Between Us** Fri 1:20-4:05-7-10 Sat-Sun 1-4-7-10 Mon-Wed 1:20-4:05-7-10 Thu 4:20-7-10 **Split** Fri-Sat 12:30-3:30-6:30-9:30 Sun-Mon 12:30-3:30-6:20-9:20 Tue 12:30-3:30-6:30-9:30 Wed 12:30-3:30-6:20-9:20 Thu 12:20-3:20-6:20-9:20 **Titanic 3D** Sun 12:55 Wed 6:30 **Where the Universe Sings: The Spiritual Journey of Lawren Harris** Fri 2 Sun 7:30 Mon 4:30 Tue 2 Wed 5 Thu 2-7:30 **xXx: Return of Xander Cage 3D** Fri-Sat 1-4-7-10 Sun-Mon 1-4-6:40-9:40 Tue 1-4-7-10 Wed 1-4-6:40-9:40 Thu 12-3 **Yu-Gi-Oh!: The Dark Side of Dimensions** Fri 4:15-7 Sat 3:45 Sun 4:45-9:30 Mon 1:45 Tue 6:45 Wed 10:30 Thu 4:30

MIDTOWN

Yonge-Eglinton Centre
2300 Yonge St., 416-544-1236
A Dog's Purpose Fri 1:50-4:35-7:05-9:45 Sat 11:20-1:50-4:35-7:05-9:45 Sun-Tue 1:50-4:35-7:05-9:45 Wed 4:35-7:05-9:45 Thu 1:50-4:35-7:05-9:45 **Fifty Shades Darker** Thu 7-10 Thu 7:30-10:30 Gold Fri 1:45-4:40-7:35-10:25 Sat 11-1:45-4:40-7:35-10:25 Sun 1-4-7-9:55 Mon-Tue 1:30-4:15-7:10-10 Wed 1:20-4:15-7:10-10 Thu 1:30-4:15-7:10-10 Fri 4-7-10 Sat 12:55-4-7-10 Sun 12:50-4-6:50-9:55 Mon-Wed 3:50-6:50-9:55 Thu 4:30 **Hidden Figures** Fri 1:35-4:25-7:25-10:20 Sat 11:45-2:50-6:30-9:40 Sun 12:35-3:30-6:30-9:25 Mon-Tue 1:35-4:25-7:25-10:20 Wed 3:45-6:55-9:55 Thu 1:35-4:25-7:25-10:20 **John Wick: Chapter 2** Thu 7:25-10:50 **La La Land** Fri 1:30-4:20-7:15-10:15 Sat 12:45-3:50-6:55-10 Sun 12:40-3:40-6:40-9:40 Mon-Tue 1:30-4:20-7:15-10:15 Wed 1:15-4:10-7:10-10:15 Thu 1:30-4:20-7:15-10:15 Fri 3:30-6:30-9:35 Sat 12:30-3:30-6:30-9:35 Sun 12:30-3:30-6:30-9:30 Mon-Wed 3:30-6:30-9:30 Thu 4:10 **The LEGO Batman Movie** Thu 5; 3D Thu 7:15-10 Thu 7:45-10:30 **Resident Evil: The Final Chapter** Fri-Sat 5:20 Sun 4:50 Mon-Thu 4:40; 3D Fri-Sat 2:30-7:55-10:25 Sun 2-7:40-10:15 Mon-Thu 2-7:35-10:05 **Rings** Fri 2:40-5:10-8-10:30 Sat 12:30-3-5:30-8-10:30 Sun 12:30-2:55-5:20-7:50-10:15 Mon-Wed 2:40-5:10-7:45-10:20 Thu 2:20 **Rogue One** Fri 7:30 Sat 1:20-7:30 Sun 1:15-7:15 Mon-Wed 7:15; 3D Fri-Sat 4:25-10:30 Sun 4:15-10:15 Mon-Wed 4:10-10:15 Thu 3:45 **Sing** Fri 1:40-4:10 Sat 11:50-4:10 Sun 1:05-3:55 Mon 1:30-4 Tue 1:40-4:10 Wed 1:25-4:10 Thu 1:40-4:10; 3D Fri-Sun 6:45-9:30 Mon 10:05 Tue-Thu 6:45-9:30 **The Space Between Us** Fri 1:40-4:30-7:20-10:10 Sat 1:20-4:30-7:20-10:10 Sun-Tue 1:40-4:30-7:20-10:10 Wed 3:55-10:10 Thu 1:40-4:25 **Split** Fri 2:15-5-7:45-10:30 Sat 11:30-2:15-5-7:45-10:30 Sun 1:25-4:15-7:10-10:05 Mon 1:45-4:30-7:25-10:15 Tue 1:55-4:35-7:30-10:15 Wed 1-4:35-7:30-10:15 Thu 1:55-4:35-7:30-10:15 **Stand by Me** Sat 11

NORTH YORK

Empress Walk
5095 Yonge St., 416-223-9550
Confidential Assignment Fri-Sun 1-4-7-10 Mon 4-6:50-9:50 Tue-Thu 3:50-6:50-9:50 **Fifty Shades Darker** Thu 7-9:55 **The Founder** Fri-Sun 1:30-4:40-7:40 Mon 4:50-7:35 Tue-Wed 4:40-7:35 Thu 4:20 **Gold** Fri-Sun 10:25 Mon-Wed 10:20 **Hidden Figures** Fri 12:40-3:40-6:40-9:35 Sat 12:30-3:30-6:40-9:35 Sun 12:40-3:40-6:40-9:35 Mon 3:40-6:35-9:40 Tue-Thu 3:30-6:30-9:25 **The King** Fri 12:30-3:30-6:30-9:40 Sat 12:15-3:20-6:30-9:40 Sun 12:30-3:30-6:30-9:40 Mon-Tue 3:30-6:30-9:35 Wed 4:10-6:30-9:35 Thu 4:35-6:30-9:35 **La La Land** Thu 6:40-9:40; IMAX Fri-Sun 1:20-4:20-7:20-10:20 Mon 3:55-7-10 Tue-Wed 4-7-10 Thu 4 **The LEGO Batman Movie** IMAX Thu 7:30-10:10 Lion Fri-Sun 12:50-3:50-6:50-9:50 Mon 3:50-6:40-9:30 Tue-Wed 3:40-6:40-9:30 Thu 3:40 **Moonlight** Fri 1:50-4:50-7:50-10:35 Sat 4:50-7:50-10:35 Sun 1:50-4:50-7:50-10:35 Mon 4:30-10:10 Tue 4:30-7:30-10:10 Wed 7:30-10:10 Thu 7:40-10:20 **Resident Evil: The Final Chapter** Fri-Sun 5 Mon 3:30 Tue-Wed 4:50 Thu 4:45; 3D Fri 2-7:55-10:35 Sat 1:10-7:55-10:35 Sun 2-7:55-10:35 Mon-Wed 7:40-10:20 Thu 7:45-10:20 **The Salesman** Fri 1:10-4:10-7:10-10:05 Sat 1:50-4:10-7:10-10:05 Sun 1:10-4:10-7:10-10:05 Mon 4:40-7:10-10:05 Tue 4:10-7:10-10:05 Wed 4:20-7:10-10:05 Thu 4:10-7:10-10:05 **Split** Fri-Sun 1:40-4:30-7:30-10:30 Mon-Tue 4:20-7:20-10:15 Wed-Thu 4:30-7:20-10:15

SilverCity Yorkdale 6
3401 Dufferin St., 416-444-3456
A Dog's Purpose Fri-Sun 12-2:30-5-7:40-10:15 Mon-Thu 1:30-4:40-7:20-9:55 **Fifty Shades Darker** Thu 7-10 **Hidden Figures** Fri-Sun 12:45-3:45-6:50-9:50 Mon-Wed 12:40-3:50-6:50-9:50 Thu 12:40-3:50 **John Wick: Chapter 2** Thu 7:20-10:10 **La La Land** Fri-Sun 12:15-3:30-6:40-9:40 Mon-Thu 12:30-3:40-6:40-9:40 The **LEGO Batman Movie** 3D Thu 7:40-10:20 **Monster Trucks** Fri-Sun 4:40 Mon-Thu 3:30; 3D Fri 1:45-7:20 Sat 11-1:45-7:20 Sun 1:45-7:20 Mon-Wed 12:50-6:30 Thu 12:50 **Passengers** 3D Fri-Sun 10:05 Mon-Wed 9:20 **Resident Evil: The Final Chapter** Fri-Sun 5:10 Mon-Thu 5; 3D Fri-Sun 11:45-2:15-7:50-10:25 Mon-Wed 2:15-7:40-10:15 Thu 2:15-6:50-9:50 **Rings** Fri-Sun 12:30-3-5:30-8-10:30 Mon-Thu 2-4:50-7:30-10:15 **Sing** Fri 1:30-4:30 Sat 11:10-1:45-4:30 Sun 1:30-4:30 Mon-Thu 1:20-4:20; 3D Fri-Sun 7:10-9:55 Mon-Thu 7-9:45 **The Space Between Us** Fri-Sun 1:15-4:15-7:20-10:20 Mon-Thu 1:10-4:10-7:10-10:05 Split Fri-Wed 1-4-7-10 Thu 1-4 **Stand by Me** Sat 11 **xXx: Return of Xander Cage** Fri-Sun 4:50 Mon-Thu 4:30; 3D Fri-Sun 2-7:30-10:10 Mon-Thu 1:45-7:30-10:10

Silvercity Fairview 1800 Sheppard Ave., 416-644-7746
A Dog's Purpose Fri 12:40-3-5:25-7:55-10:15 Sat 12:35-2:55-5:25-7:45-10:15 Sun 12:40-3-5:25-7:45-10:15 Mon 1-4:40-7:45-10:15 Tue 12:40-3-5:25-7:45-10:15 Wed 4:40-7:15-10 Thu 1-4:40-7:45-10:15 **Fifty Shades Darker** Thu 7-10 **John Wick: Chapter 2** Thu 7:20-10:30 **La La Land** Fri 1:35-3:55-7-10:10 Sat 11-1:50-4-7:10-10:10 Sun 1:40-4-7-10:10 Mon-Thu 1:40-4-7:10-**10:10 The LEGO Batman Movie** 3D Thu 5-7:40-10:15 **Moana** Fri 4:15 Sat 11:40-4:15 Sun 4:55 Mon-Thu 4:15 **Monster Trucks** Fri 1:25 Sat 2:25 Sun 1:25 Mon 2 Tue 1:25 Wed 2 Thu 1:10 **Resident Evil: The Final Chapter** Fri-Wed 5; 3D Fri 2-7:50-10:25 Sat 11:30-2-7:50-10:25 Sun 2-7:45-10:25 Mon-Tue 2-7:50-10:25 Wed 2-7:45-10:25 Thu 1:45-7:50-10:30 **Rings** Fri-Sun 12:30-3-5:30-8-10:30 Mon 2:15-5:10-8-10:30 Tue 12:30-3-5:30-8-10:30 Wed 2:15-5:10-8-10:30 Thu 8-10:30 Thu 1-3:30 **Rogue One** Fri-Sat 1:10 Sun 12:40 Mon-Tue 1:10; 3D Fri 7:05-10:05 Sat 7-10:05 Sun 7:35-10:30 Mon-Wed 7:05-10:05 **Sing** Fri 1-4 Sat 11-1:35-4:10 Sun 4 Mon 1:30-4 Tue 1:05-4 Wed-Thu 1:30-4; 3D Fri 7:10-9:50 Sat 6:55-9:45 Sun 7:05-9:50 Mon-Wed 7-9:45 **The Space Between Us** Fri 1:40-4:30-7:20-10:10 Sat 11-1:40-4:30-7:20-10:10 Sun-Thu 1:40-4:30-7:20-10:10 **Split** Fri 1:10-4:40-7:40-10:30 Sat 1:15-4:45-7:40-10:30 Sun-Mon 1:15-4:40-7:40-10:30 Tue 1-4:40-7:40-10:30 Wed-Thu 1:15-4:40-7:40-10:30 **Stand by Me** Sat 11 Titanic 3D Sun 12:55 **xXx: Return of Xander Cage** Fri-Wed 4:50 Thu 3:50; 3D Fri-Wed 7:30-10:15

metro TRAVEL
Your essential daily news

Miami's Little Havana placed on list of 'national treasures' in U.S.

When you'd rather stay home

Recent events south of the border — including the travel bans implemented by the Trump administration — have a number of Canadians re-thinking their travel plans. If you would rather keep your dollars north of the 49th parallel, here are some dynamic Canadian substitutes for well-known American destinations. **LOREN CHRISTIE/FOR METRO** ALL PHOTOS ISTOCK

U.S. location: San Francisco
Our equivalent: Vancouver
What you may miss in architectural charm you'll get back in spades from Vancouver's incredible natural beauty. While both of these temperate west-coast cities have vibrant Chinese communities with some of the best options for dim sum I've ever had, Vancouver's Granville Island is more charming than San Fran's overly touristy Fisherman's Wharf area.

U.S. location: Chicago
Our equivalent: Toronto
Toronto offers similar attractions to its sister lakefront city; an amazing aquarium, great sports teams and world-class museums, like the Aga Khan Museum of Islamic art and Muslim culture. While both cities offer distinct neighbourhoods for exploring, Toronto's renowned ethnic diversity allows for a wider variety of cultural experiences.

U.S. location: Washington
Our equivalent: Ottawa
Cancel that DC Trump hotel reservation and book at the Chateau Laurier, named after a Canadian prime minister well known for his policies of conciliation. Although many of the Smithsonian museums are free, so are several of our national museums provided you visit during certain times. With a slate of events planned all year long, this is the time to visit our capital.

U.S. location: New Orleans
Our equivalent: Quebec City
Offering distinctive architecture and French cultural heritage, Quebec edges out New Orleans for the title of the most European city in North America. Although Quebec City may not have the jazz scene that its southern sister does, the Quebec City Summer Festival running from July 6 through 16, 2017 will bring world class music to the La Vieille Capitale.

U.S. location: Boston
Our equivalent: Halifax
These coastal cities have long histories welcoming immigrants who laid the foundations of their countries. While Boston's historic North End is the spot for great Italian fare, Halifax's North End has become the city's most eclectic neighbourhood with a slew of hip eateries and bars. Forget the New England clam chowder and have a Nova Scotia lobster roll.

sunwing.ca

Experience the **Difference™**

Get onboard with **Canada's**

#1 to the Sun

CONSUMER CHOICE AWARD 2017 GTA

12,000 vacations

at up to 50% off

Limited space available and going fast!

Book by February 10
or while space is available

4000 Family vacations at up to **50% off**

#1 for **Family** Vacations

- Savings for **single parent** families
- Family rooms **for 5 or more**
- Kids **Stay, Play,** and **Eat FREE!**

4000 Adult vacations at up to **50% off**

#1 for **Adult** Vacations

- Largest selection of **TripAdvisor's® top-rated adults only** resorts
- **Exclusive activities** and spa discounts
- **Unlimited dining** at specialty restaurants

4000 Luxury vacations at up to **50% off**

#1 for **Luxury** Vacations

- Popular **top-rated luxury resorts**
- 5 star resorts resting on **beautiful beaches**
- A variety of **à la carte** options and **on-site spa facilities**

sunwing café

Introducing our new **on-board menu**

inspired by Celebrity Chef **Lynn Crawford** of Food Network Canada

All flights include award-winning Champagne Service

- Welcome glass of sparkling wine
- Free checked baggage up to 23kg
- Extensive buy on board menu ($)
- Non-alcoholic beverages
- First-run movies
- Kidcations backpacks with games & toys
- Free 5kg carry-on plus one personal item

FOOD NETWORK is a trademark of Television Food Network G.P. used with permission.

Upgrade to *Elite Plus Service*

Bookable online for only $50 each way!
All features of Champagne Service plus:

- Extra legroom seats
- Advance seat selection
- 7kg extra checked baggage
- Free headset
- Priority check-in and boarding
- Priority baggage handling

IBEROSTAR HOTELS & RESORTS

Enjoy being a star

Toronto departures. "12,000 vacations at up to 50% off" is a limited time offer applicable to new bookings made between Feb 3 - 10, 2017 that Sunwing allocated nationally to select destinations, hotels, and departure dates to be sold at up to 50% off the base package rate before taxes. Maximum savings apply to the brochure rates for Memories Varadero Beach Resort in Varadero, Cuba on Mar 01, 02, 03, 05 & 06, 2017. This offer is subject to change or can be withdrawn at any time without prior notice. Applicable on packages in which Sunwing Airlines is the air carrier. Offer is not combinable with any other promotion and is capacity controlled. Flights are with Sunwing Airlines or Travel Service. In-flight service varies by flight time and destination. For full terms and conditions, refer to the Sunwing Vacations 2016/17 brochure. 27 Fasken Drive, Toronto, Ontario M9W 1K6 Reg#2476582 | 02032017

5 THINGS TO DO IN PARADISE CITY (A.K.A. MEXICO CITY)

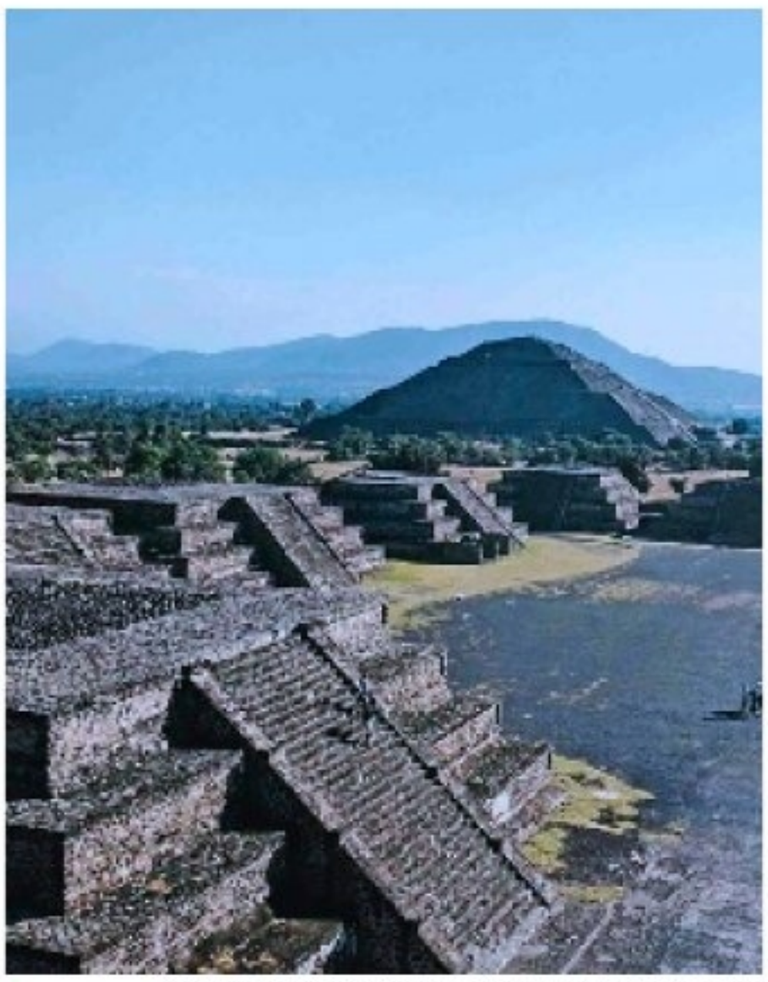
In October, my L.A. pal Kenny texted me: "Wanna go see Guns N' Roses in Mexico City next month for our 30th birthdays?" I typed back "yes" faster than you can say, "Slash." We were so focused on our reunion and our dance moves for Welcome to the Jungle, that we kind of forgot to plan the rest of our trip. What should we do when we got there? A lot it turns out. **JENNFER FODEN/FOR TORSTAR NEWS SERVICE**

1 Take in a local sports game

If you're into sports, head straight for lucha libre (wrestling). For less than $20 dollars each, we scored front-row seats at Arena Coliseo for several matches over a few hours (Arena Mexico is another option.) It can be a hassle to book tickets in advance, so just purchase them at the stadium day of.

2 Go see Kahlo in person

The art scene is booming in Mexico City, from the murals that line the streets and alleyways to large contemporary art galleries (like Galeria OMR) to museums dedicated to Mexico's most famous artists (Frida Kahlo and Diego Rivera.) If you head to the Frida Kahlo Museum (highly recommended) be sure to book your tickets online or arrive early.



ALL PHOTOS, EXCEPT WHERE NOTED, JENNIFER FODEN/FOR METRO

3 Explore the mysteries of history

Located 50 km northeast of Mexico City is Teotihuacan. The area, often compared to ancient Rome, was settled by 400 BC and experienced growth over the next several centuries (however, the origin and language of the natives is unknown.) You can explore the mysterious pyramids by joining a tour, hiring a car or navigating public transit.

KENNY PORPORA/FOR METRO

4 Take an epic walk

One of the best ways to explore the culture and diversity of Mexico City is by simply roaming its neighbourhoods. We walked for hours, from the posh Condesa to the funky Hipodromo to the historic Coyoacan and beyond. We stumbled upon musicians and dancers in Art Deco plazas, bright and colourful cemeteries and lush, open green spaces

5 Eat everything

The food in Mexico City is as varied as its activities. You can taste everything from tacos and tortas (sandwiches) on the street to chocolate and cornbread in the outdoor markets (all for less than a dollar.) If you're looking for something slightly more upscale than an outdoor vendor, Lardo (for brunch) and Huset (for dinner) were two of our favourites.

Family Day Weekend Special
$20 off
Promotion code MTR20PC
Discount applies to regular price tours only.
Cannot be combined with other offers or discounts.

Canada East 3 days
Itinerary: Toronto, 1000 Islands, Ottawa, Montreal, Qubec City, Upper Canada Village, Kingston, Toronto
Quadruple Occ. (breakfast not included)
$139.99/P.P
Departure : March 11, April 1/8/14/15/22/29

Boston 3 days
Itinerary: Toronto, Rhode Island - Boston Harbor Cruise - Harvard University Toronto
Quadruple Occ.
$159.99/P.P
Departure: March 17, April 14

Super Accros Canada 10 days
Itinerary: Toronto, Algonquin Provincial Park, Sudbury, Terrece Bay, Winnipeg, Regina, Banff, Revelstoke, Vancouver
Quadruple Occ. $799
$749.99/P.P
Departure: July 1/8/18/22, August 12

New York 3 days Guided Tour
Itinerary: Toronto, New York City, The Crossing Premium Outlet, Toronto
Quadruple Occ.
$109.99/P.P
Departure: February 18, March 11/17/24/31

Super Accros USA 11 days
Itinerary: Vancouver, Seattle, Yellowstone Park, Gillete, Rapi City, Sioux Falls, Chicago, Windsor, Toronto
Quadruple Occ. $799
$749.99/P.P
Departure: July 11, August 1/22

華景假期 Sinorama Holidays Inc.
TICO REG. 50017500 (RETAIL) & 50022219 (WHOLESALE)
SinoramaBus.com
1-888-577-9918
905-513-1318 905-513-1316
info@sinoramaholidays.com
7077 Kennedy Road, Unit 201, Markham, Ontario L3R 0N8
Pay Online
Fast. Simple. Secure.
$0 transaction fee
OFFICE HOUR
Mon. - Fri.10:00 - 18:00
Sat. - Sun.10:00 - 17:00

For more promotional tours, please visit SinoramaBus.com.
Prices include:
* Price is per person based on quadruple occupancy
* Transport with Deluxe Coach
* 3 stars hotels with breakfasts
* Tour Guide * Taxes * Certain conditions apply.
Prices not include:
* Service charge for driver and tour guide;
* Admission fees;
* Lunches and dinners;
* Travel Insurance.
Prices are valid until February 7, 2017
Sinorama Holidays reserves all rights to cancel or change the trip without prior notification.

metro SPORTS

Uber and the city of Houston reached a truce Thursday; the car service will run during Super Bowl

Gold standard in coaching

SUPER BOWL

Belichick seen as tough but deeply loyal leader of Pats

He values the team's overall culture ahead of its individual parts.

He rules his team with an iron fist, and yet, instills that team with a sense of family.

He can appear heartless — quick to say "goodbye" to those who no longer fit in — and yet, he is deeply loyal.

He has hard-and-fast ideas about how to run his own team, but is never against learning and adding bits of others' expertise to his own repertoire.

Yes, this is a description of New England coach Bill Belichick, who can set himself apart Sunday by winning a record fifth Super Bowl title as a head coach.

It's also a description of former coaches Chuck Noll of the Steelers and Tom Landry of the Cowboys and Alabama's Nick Saban.

"Xs and Os are the price of admission," says John O'Sullivan, founder of the Changing the Game project, who speaks often about the importance of coaching in society. "But great coaches, the first thing they do is connect. When you connect with people, they'll run through a wall for you."

Belichick, a people person? The same might have been said, or asked, about the most iconic coaches, whose time facing the public usually involves five- and 10-minute segments with the media during which their main goal is to not reveal anything important about their game plan — or much about themselves.

Tom Brady and Bill Belichick embrace after the Patriots won Super Bowl XLIX in February 2015. MATT SLOCUM/THE ASSOCIATED PRESS

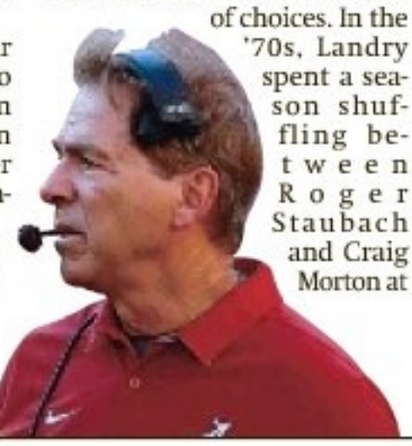
The effort — and sometimes, accolades — they get from their players says more.

Terry Bradshaw couldn't stand Noll on their way to winning four Super Bowls with Pittsburgh. Only years later did the Hall of Fame quarterback concede that he benefited from Noll's coaching. "Did I respect him? Of course I did," Bradshaw said last year. "Like him? No, I didn't like him."

A lot has been made this year of New England's decision to part ways with two key cogs in its defence — Chandler Jones in the off-season, then linebacker Jamie Collins, who was (ruthlessly?) traded away to winless Cleveland in October. That defence still allowed the fewest points in the league.

> **I thought I knew something, and really found out that I was really in a position to learn a lot.**
> Nick Saban, who was Belichick's defensive co-ordinator with the Browns from 1991-94

Belichick is hardly the first coach faced with those sorts of choices. In the '70s, Landry spent a season shuffling between Roger Staubach and Craig Morton at quarterback. Eventually, he recognized the Cowboys could only succeed with one of them, and he chose Staubach, while trading Morton to the Giants.



"Sometimes it is unfortunate to have to make such a decision," Landry said at the time. "But it is important to clear the air so there is no speculation on it from week to week."

This year's other Super Bowl coach, Dan Quinn of the Falcons, has discussed his season-long quest to turn his group of players into a "brotherhood."

Belichick will never be confused as warm-and-fuzzy, though maybe Vince Wilfork's tweet after parting with the Patriots in 2014 painted the best picture about the sort of atmosphere the coach has created: "We are always family," Wilfork wrote.

And while great coaches have some hard-and-fast rules about how they want to run their teams, the best of them are always keeping an open mind toward learning.

Famous are the stories of Belichick's willingness to go the extra mile — especially in the film room — from the time he got his first NFL job, as an assistant to Colts coach Ted Marchibroda in 1975.

"The impression he made on colleagues was almost universally favourable — open-minded, incredibly hard-working, absolutely committed to being a little better every day ... a master at using film," wrote David Halberstam in his 2005 profile on Belichick, "The Education of a Coach." THE ASSOCIATED PRESS

CHEAT SHEET

NEW ENGLAND (16-2) vs. ATLANTA (13-5)
Sunday, 6:30 p.m. ET, CTV

OPENING LINE
Patriots by 3

D VERSUS O
It's the sixth time since the 1970 merger that the Super Bowl is a matchup of the top scoring team (Falcons, 33.8 points per game) and the team that allowed the fewest points (Pats, 15.6 points per game). The better defensive team has gone 5-1 in those meetings.

PATRIOTS' GAME
New England is playing its NFL-record ninth Super Bowl. Atlanta is making its second trip.

TOUGH TO DOUBT TOM
A win would tie Tom Brady with Charles Haley, who is the only player with five Super Bowl wins. Bart Starr is the only other QB with five NFL titles. He won three before Super Bowls began.

FLYIN' RYAN
Matt Ryan is the first QB in NFL history with three or more passing TDs in four consecutive playoff games. In his past six games, he has 1,861 passing yards, 18 TDs and no interceptions. THE ASSOCIATED PRESS

BASEBALL

Canadian HOF makes call to Doc

Roy Halladay remembers it was on a Blue Jays' trip to Seattle that he realized he was playing for something bigger than a city. He was representing an entire country.

The retired Toronto ace, who was an eight-time all-star, is among the 2017 Canadian Baseball Hall of Fame inductees, and reminisced about his time playing in Canada with affection.

"I had no idea that there were that many Blue Jays fans that far west. It just baffled me. I figured it was just Toronto," Halladay said. "You felt like you were representing Canada.... And that's something I was very proud of."

Roy Halladay GETTY IMAGES FILE

Former Expos slugger Vladimir Guerrero will also be enshrined in St. Marys, Ont., later this year. THE CANADIAN PRESS

IN BRIEF

NHL to meet over Olympic inclusion, source says
Two people familiar with the gathering say key decision-makers are meeting Friday regarding the NHL's participation in the 2018 Olympics in South Korea.

A person, who spoke Thursday to The Associated Press on condition of anonymity, says the International Olympic Committee and International Ice Hockey Federation requested the meeting. THE ASSOCIATED PRESS

Kuchar takes 18-hole lead at raucous Phoenix Open
Matt Kuchar eagled the par-5 13th and added two late birdies and a big par save on the rowdy par-3 16th hole Thursday to take the first-round lead in the Waste Management Phoenix Open.

Kuchar shot a 7-under 64 in perfect afternoon conditions at TPC Scottsdale for a one-stroke lead over defending champion Hideki Matsuyama and Brendan Steele. THE ASSOCIATED PRESS

NBA

Gordon headlines slam dunk contest

Aaron Gordon has unfinished business in the all-star dunk contest.

The skywalking Orlando Magic forward is one of the four selections for this year's contest, to be held on Feb. 18 in New Orleans on All-Star Saturday night.

DeAndre Jordan of the Los Angeles Clippers, Glenn Robinson III of Indiana and Derrick Jones Jr. of Phoenix will also be in the dunk contest.

Gordon finished second to Minnesota's Zach LaVine in a dunk contest for the ages last year. THE ASSOCIATED PRESS

SHOOTOUT

Toronto's Kyle Lowry will be among the those participating in the three-point contest. Reigning champion Klay Thompson of Golden State will return to defend his title.

IN BRIEF

Lampard retires but great EPL legacy lives on

Frank Lampard retired from soccer on Thursday, ending a 21-year career in which he won every major honour at club level with Chelsea and established himself as the Premier League's highest-scoring midfielder.

In his time at Chelsea from 2001-14, he became the club's record scorer with 211 goals, made 649 appearances and was the heartbeat of teams that won three Premier League titles, four FA Cups and the Champions League in 2012. THE ASSOCIATED PRESS

AFRICA CUP OF NATIONS

Cameroon look to run table in Gabon

Cameroon didn't need its big-name players to make the Africa Cup of Nations final.

Instead, Cameroon's youngsters knocked out mighty Ghana on Thursday and set up a title decider against record seven-time champion Egypt.

Cameroon beat Ghana 2-0 to return to the final for the first time since 2008, and did it with most of the top stars still in Europe with their clubs. Coach Hugo Broos brought 14 players who had never been to a major tournament.

Defender Michael Ngadeu opened scoring in the 72nd minute and Christian Bassogog rounded off a counterattack in injury time to make it 2-0.

Cameroon goes on to Libreville to face Egypt, itself a surprise finalist after failing to qualify for the last three tournaments. THE ASSOCIATED PRESS

THURSDAY In Franceville

CAMEROON	GHANA
2	0

Opening new world with hoops

WHEELCHAIR BASKETBALL

Hoops provide reprieve from violence in South Sudan

Wheelchair basketball players compete in a tournament last month in Juba, South Sudan. BULLEN CHOL/THE ASSOCIATED PRESS

Warnings of possible genocide hang over the world's youngest nation, but on a basketball court under a fierce morning sun, South Sudan's civil war seems a world away.

Flashing up and down the court in blue and yellow jerseys, the players laugh and sweat as their wheelchairs jostle for position.

This wheelchair basketball tournament in the nation's capital, Juba, is the culmination of a two-week training session run by Jess Markt, a coach from Colorado who has led similar programs in countries ravaged by conflict.

The physically disabled young South Sudanese men, drawn from various ethnic groups, are split into four teams that compete as spectators cheer them on.

"The biggest lesson I have learned from these guys is the power of positive thought and perseverance," Markt said. "They are very poor. Many of them are living in a camp outside the city or they live in rural areas that are very difficult situations, especially for disabled persons, and yet they are on the court playing, laughing and joking as if though they don't have any care in the world."

Many of the players were injured in South Sudan's decades-long struggle for independence from Sudan that ended with the creation of the new nation in 2011. The country has known little peace since 2013, when the rivalry between President Salva Kiir and deputy Riek Machar descended into a civil war in which thousands have been killed amid ethnic tensions.

> **This basketball has helped unite us as people with disabilities. We love each other and we do not talk about our tribal differences.**
> Wheelchair basketball player-coach Peter Bol Wal

Wheelchair basketball training marked the first time some men had been involved in sports, and Markt said he had to teach them how to work together as a team.

James Amoudit Makuei, 19, who travelled hundreds of kilometres to take part, said he hopes to share his skills with other disabled people in his hometown of Yirol.

"I had never played basketball before," he said. "But I have learned a lot of things from the coaches here.... And now I consider myself a basketball player."

He said he dreams of playing for the national team.

Peter Bol Wal, a player-coach who was among the first South Sudanese to play wheelchair basketball, said more disabled people in the capital are embracing the sport. He knew only about 11 players in Juba in 2011 but the number has grown to two dozen, he said.

"This basketball has helped unite us as people with disabilities," he said. "We love each other and we do not talk about our tribal differences."

The International Committee of the Red Cross, which invited Markt to Juba, supports three physical rehabilitation centres that provide mobility devices and therapy in South Sudan. The aid group works with the South Sudan Wheelchair Basketball Association to put on weekly games.

Markt, who began playing wheelchair basketball at age 19 after a spinal cord injury, has been coaching since 2009 and has trained teams in Afghanistan, India, Palestine and Cambodia.

Markt described his experience in South Sudan as "unforgettable." He recalled one young man, a polio victim, who shouted "Oh my God!" when he scored for the first time after struggling to settle into the rhythm of the game.

"That, to me, is the greatest thing about this type of program," Markt said. "It is helping people who have amazing challenges that they are dealing with in their lives realize how powerful they can be." THE ASSOCIATED PRESS

metro Spiritualist Forum

To advertise contact Ian March at 416-443-4388

SPIRITUALIST OMAR
Very Powerful Spiritualist, Medium and Healer with a Special Gifted Power to:
- Reunite loved ones, marriage and family.
- Help Prevent Divorce & Break up.
- Good luck in finding lasting soul mates.
- Help with Serious Court cases.
- Lucky charm for individuals and business.
- Helps with children and family problems.
- Protection against enemies and evil spirits.
- Helps relieve negative energy.

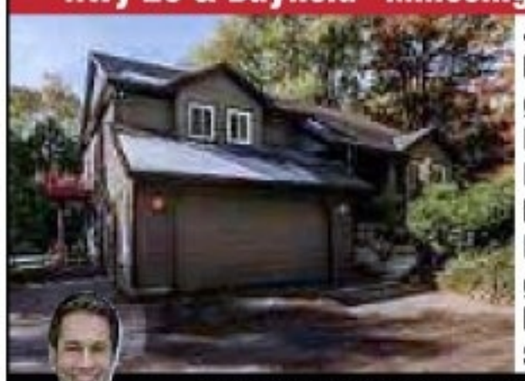
Thank you Omar for bringing my boyfriend back to my life. We are in a much better place now...we no longer argue and he is very sweet and kind to me. - LISA

CONFIDENTIAL Payment after results 100% guaranteed
647-707-2315

World Spiritual Astrologer & Psychic
Pandit: SAI GURU
I AM BORN TO SERVE PEOPLE
If you have any Problems, Meet me once & Get 101% Immediate Permanent Solutions
Love, Husband-Wife Relationship, Marriage, Court, Teenage Issues, Job, Money, Personal Matters Etc
Master Removes Black Magic, Jadoo, Vodoo, Tona, Obeya, Witchcraft & Gives 100% Lifelong Protection
Call: 647.719.1916
2695 Derry Road East, Mississauga L4T 1A5, Next to BEST GROCERY DEPOT (AIRPORT & DERRY)

UNIQUE ASTROLOGER
POWERFUL SPIRITUALIST FROM INDIA
Master: SHIVANANDA
647-643-1541
Solves Problems: Health, Depression, Family, Love, Money, Court, Enemy, Jealousy, Business, Job, Negativity etc
SPECIALIZED IN BRINGING LOVED ONES BACK
EXPERT IN REMOVAL OF BLACK MAGIC, BLOCKAGE EVIL SPIRITS, BAD CURSE, WITCH CRAFT, VOODOO ORFAH, JEALOUSY & ALL EVILS QUICK RESULTS
GIVES 100% PERMANENT, LIFETIME UNBREAKABLE PROTECTIONS
FREE READING MON & SAT
1123 Albion Rd, UNIT #101, ETOBICOKE M9V 1A9
Next to MADRAS DOSA (ALBION & ISLINGTON)

Hwy 26 & Bayfield "Minesing" Beauty! 0.65 Acres!



Just move in! Open concept plan! Hardwood floors! Porcelain tiles! New gourmet centre island kitchen w/ limestone counters! Vaulted ceiling! Master w/inviting ensuite & walk-out to balcony! Bright professionally finished lower level with 1 bedroom inlaw or great for office too! Privacy & more! Loads of parking & paved road access! **$658,888.**

Lenard H. Lind FRI, CRES. Broker of Record/Owner
RE/MAX Hallmark Lind Group Realty Ltd., 416-410-8223 Ext. 228

Aurora! ½ Acre! 4300SF + Finished Bsmt & Pool!

Open House Sat & Sun 2-4pm, 27 Wellington Hts. Crt – Bathurst N. of Wellington to signs! Loaded with extras & upgrades! Entertaining-sized LR & DR! Hwd floors! Gourmet centre island kitchen w/bkfst bar, pantry & big eat-in area o/l scenic lot & pool! Spac. family rm w/custom fpl! Master w/updated inviting ensuite! 2nd updated ensuite in 2nd bdrm! Knockout prof. fin lower level too! Beautiful landscaping & more! **$1,648,888.**

Lenard H. Lind FRI, CRES. Broker of Record/Owner
RE/MAX Hallmark Lind Group Realty Ltd., 416-410-8223 Ext. 228

OPEN HOUSE SAT 1-3PM
146 HILLCREST DR, WHITBY

STUNNING! 4 level back split on huge prof. landscaped lot! 4 Bdrm, 3 Bath is sure to impress! 5 skylights, 2 W/O's, 2 gas fp, sunroom, in-ground pool+++. Located in desired Whitby area. Mins to GO Train.

Gary Otten & Jo Anne Dean, Sales Reps.
1-877-272-4040
Century 21 United Realty Inc., Brokerage

The Art of Real Estate
Christine Simpson
"Top 1% in Canada [illegible]"
416.236.1871

JUST LISTED "THE KINGSWAY"
OPEN HOUSE WEEKEND 2 – 4 PM

$1,450,000.
3130' of Amazing Family Living. 4 Bdrm. 3 ½ Bath. Entertainers Delight. Sought After Schools.
4 Elliott Ave.

FULL DETAILS
www.christinesimpson.com

Open House Sunday 2 - 4pm

3568 SILVERPLAINS RD.
ETOBICOKE BORDER COMPLETELY RENOVATED.
Great family neighbourhood, private yard with green space behind, bright spacious 4 bdrm. Home, just move in. Appx. 2,800 sq. ft. For more info. Contact Blake.
www.blakeshomes.com
Blake Shaffer, Sales Representative, 905-302-2519
Royal LePage Realty Plus, Brokerage, 905-828-6550

OPEN HOUSE SAT-SUN 2-4PM

43 BELVIEW AVENUE, HAMILTON

Unbelievable Value! It's Worth The Drive! Spacious, Detached, 3 Bedrooms, Brick, Private Drive With 3 Car Parking. Eat-In Kitchen With W/D To Sunroom & Garden. High Basement. This Lovely Home Is Situated Close To Schools, Park, Transportation, Shopping. Come See The Value.

Photos at www.hazelsangster.ca

Hazel Sangster
Sales Representative
416-461-0907
Sutton - City Realty Inc., Brokerage

Exceptional country properties. Exceptional service. ask anyone™

Buying or selling a country property and don't have a real estate agent, consider us.

- Pointe au Baril Waterfront Cottage **$749,000**
- 69 Acre Vacant Land **$479,000**
- Coming Soon Bungalow Near Erin **$695,000**
- Coming Soon 2 Acre Building Lot **$295,000**

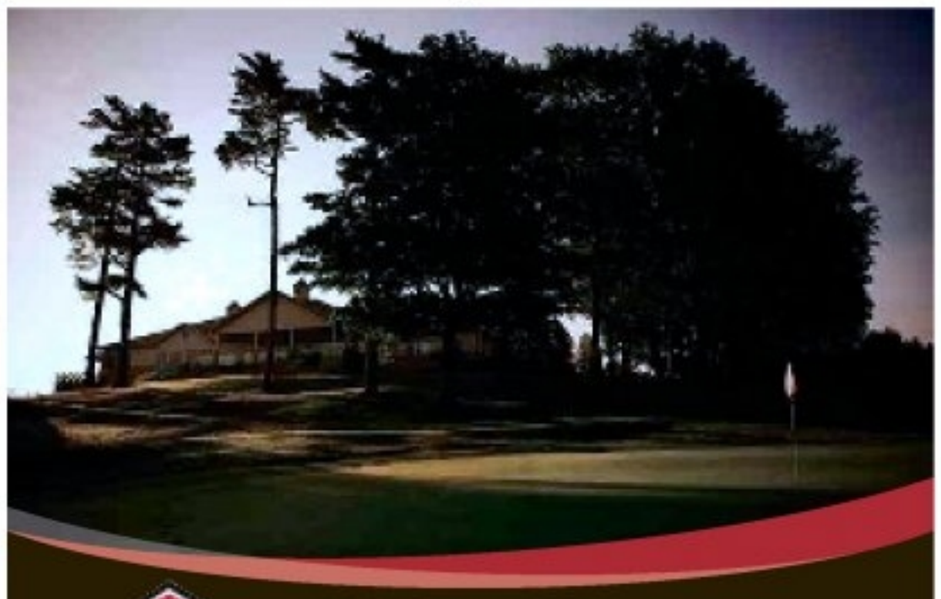
LUXURIOUS COUNTRY LIFESTYLE ON 83 ACRES.

Just 60 min from Toronto near Erin, storied stone house extended, overlooks the swimming pond. 2 bedroom Coach House, 5 hole golf range, stables, indoor riding arena.

LAVISH STONE COUNTRY HOUSE ON 102 ACRES.

Private, sophisticated and luxurious, 35 miles from Toronto. Conservatory, squash court, orchard, 1800 sq ft studio, kms of trails, river.

JOHNSTON & DANIEL
416-489-2121
www.janddcountry.com
Peter Bowers 905 251 5198, Sales Representative
Gayle Woods 416 275 8009, Sales Representative



FOR SALE!

CRAIGOWAN 1959

CRAIGOWAN OXFORD GOLF & COUNTRY CLUB
WOODSTOCK, ON

Details
bhopkinson@globalgolfadvisors.com
905-475-4049

metro

Contact us to find out how you can reach active Real Estate readers

416 544 4622 ext. 3507

FINANCIAL

GET OUT OF DEBT!
CALL The Licensed Debt Professionals™
DAVID SKLAR & ASSOCIATES INC.
Proposal Administrators • Financial Counsellors • Licensed Insolvency Trustee
• Reduce & Consolidate Your Debt Into 1 Low Monthly Payment
• Avoid Bankruptcy!
• Stop Collection Calls, Interest Charges, Garnishments, Tax Debts & Lawsuits
• Government Licensed
Free Consultation
310-9200
HEAD OFFICE: 240 Fairview Mall Drive, Suite 700, Toronto, ON, M2J 4T1
NORTH YORK • TORONTO • PICKERING / AJAX • MISSISSAUGA / ETOBICOKE • BRAMPTON
www.DavidSklar.com | DAVID SKLAR, CPA, CIRP, LIT

STEVEWELKER.CA
DEBT RELIEF WHEN YOU CAN'T REPAY
Free Advice 647-793-6411
CAN YOU REPAY YOUR DEBT ON YOUR OWN?
IF NOT, OUR SERVICES
• Stop: Collection Calls, Interest, Lawsuits & Garnishments
• Reduce Your Debt & Stress
• Don't Require Money Up-Front
• Consolidate Your Debt
• Bankruptcy Is Always The Last Resort
MAIN OFFICE: 1969 WESTON ROAD
Weiker and Company Inc. Licensed Insolvency Trustees
647-793-6411
Barrie | Brampton | Burlington | Downtown | Etobicoke | Markham | Mississauga | North York | Scarborough | Whitby

shed the debt®
for pennies on the dollar
credit cards • tax arrears • student loans
wage and bank garnishments
call 1-855-541-5114
for fast friendly debt relief anywhere in Ontario
free meeting, no obligation
evening and Saturday appointments
Goldhar®
www.shedthedebt.ca
Goldhar & Associates Ltd. Licensed Insolvency Trustee

Debt out of control?
Take back control and get a fresh start!™
We can help:
• Stop garnishments, collection calls and court actions
• Eliminate or reduce tax debts
• Settle debts without bankruptcy
• Get you a fresh start
Mihr (Mike) Chande, CPA, CA, CIRP
Licensed Insolvency Trustee
FREE CONSULTATIONS
416.366.DEBT (3328) | www.chande.ca
Brampton • Etobicoke • Mississauga • Scarborough • Toronto • Vaughan
C&Co CHANDE & COMPANY

CALL ERIKA
(LICENSED DEBT EXPERT)
STOP COLLECTION CALLS
GET DEBT RELIEF NOW!
Reduce or Eliminate Tax Debt too.
Stop Garnishments and Court Actions
Debt Proposals, Debt Counselling, Avoid Bankruptcy
Call NOW to talk with a Government-Licensed Expert
Low income? No problem! Ask about our affordable, very low fee to get Debt-Free.
We're here to help. Friendly, Caring Professionals.
Free consultation. Same day appointments.
1-877-332-8416
416-288-8048
Scarborough (Main office), Weston, Brampton, Oshawa, Mississauga (Pt Credit)
Rusinek & Associates Inc Licensed Insolvency Trustee www.rusinek.ca

DEBT RELIEF
Are you drowning in debts?
• Consolidate debts, no interest
• Settle your debts without a bankruptcy
• Stop collection calls and garnishments
• Get rid of tax debts and court actions
NONA KUMAR
Estate Administrator
Credit Counsellor
Free Consultation: 416.455.7709
nona@rumanek.com
Rumanek & Co. Ltd. Licensed Insolvency Trustee,
Head office in North York, Ontario
9 Locations in Ontario

UP TO $1000 Loan
Brokers Lamina
No credit checks
Paid over 3 to 5 months
No documents to return
Instant approval
1-800-NEW-CREDIT (639-2733)

NEED MONEY?
IF YOU OWN A HOUSE...
YOU ARE APPROVED!
1st, 2nd & 3rd MORTGAGES
We can assist with these challenges:
-Credit card debt -Property Tax arrears -Income Tax arrears -Mortgage arrears -HST arrears
-Turned down by your bank -Self Employed mortgages -No income verification -Power of Sale -Poor Credit
-Judgements/collections -Business Investment -Renovations
Loan Amount $15,000.00 Monthly Payment: $150
Loan Amount $30,000.00 Monthly Payment: $300
Loan Amount $50,000.00 Monthly Payment: $500
Loan Amount $100,000.00 Monthly Payment: $1000
NATIONAL LENDING LINK (Lic. #12651)
Call NOW for your INSTANT APPROVAL
1-855-915 LINK 5465
Within the GTA: 905-707-5465
O.A.C. terms conditions apply. Rates subject to change without notice. Monthly payment based on a new 2nd line of credit principal and interest payments. Terms and conditions apply.

MORTGAGE APPROVED!
• 1st and 2nd Mortgage for any purpose.
• Refinance to 87%. Purchase to 95%.
• With rates at historic lows, now is the time to re-finance your home!
• Consolidate cards into 1 payment
• Self-employed? Stated income.
• Good and bad credit are welcome!
• Behind in Mortgage Payments?
WE CAN HELP!
HOMELAND MORTGAGE
416-913-9593
WWW.HOMELANDMORTGAGE.ORG
License # 11991

MORTGAGES
1st, 2nd & 3rd Mortgages
Residential & Commerical
*Money Credited
Fast Approvals, Low Rates
Bad Credit? No Problem
*No Fees, *Free Appraisals
Debt Consolidation
*Terms & Conditions Apply TMACC Lic#10530
MORTAGO.CA
416.667.8996

DOWNLOAD METRO'S NEW APP NOW
OFFLINE READING
•LOCAL NEWS • VIEWS
•LIFE • SPORTS
>>>

EDUCATION

Become a Medical Esthetician In Months!
Financial Assistance May Be Available to Those Who Qualify
ANDERSON COLLEGE OF HEALTH, BUSINESS AND TECHNOLOGY
Downtown: 647.691.0669
North York: 647.496.5589
ANDERSONCOLLEGE.COM

Paralegal • Immigration Consultant • Law Clerk
START NOW!
Training Programs Highlights
• High-Caliber Faculty
• $3235 in Bursaries*
• Visit us & Receive a $5 Gift Card
647-559-3965 | AOLTORONTO.COM
The Academy of Learning Career & Business College (Bay/ Bloor) is registered under the PCC act 2005 and operated by 1369195 Ontario INC. *conditions apply

MAKE IT TONIGHT

Golden Grilled cheese with Garlic Apples

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The addition of sweet apples softened in butter and kissed with garlic make this humble grilled cheese a sandwich slam dunk.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Serves 2

Ingredients
- 1 Tbsp butter
- 1 clove garlic, grated
- 1 Gala apple, peeled and thinly sliced
- 4 pieces of multi-grain bread
- 1/2 cup crumbled, aged cheddar

Directions

1. In a medium frying pan, melt butter over medium heat. Add garlic and sauté until garlic is translucent, about 2 minutes. Toss in apples and sauté until soft, about 2 to 3 minutes. Remove apples and place on a clean pate.

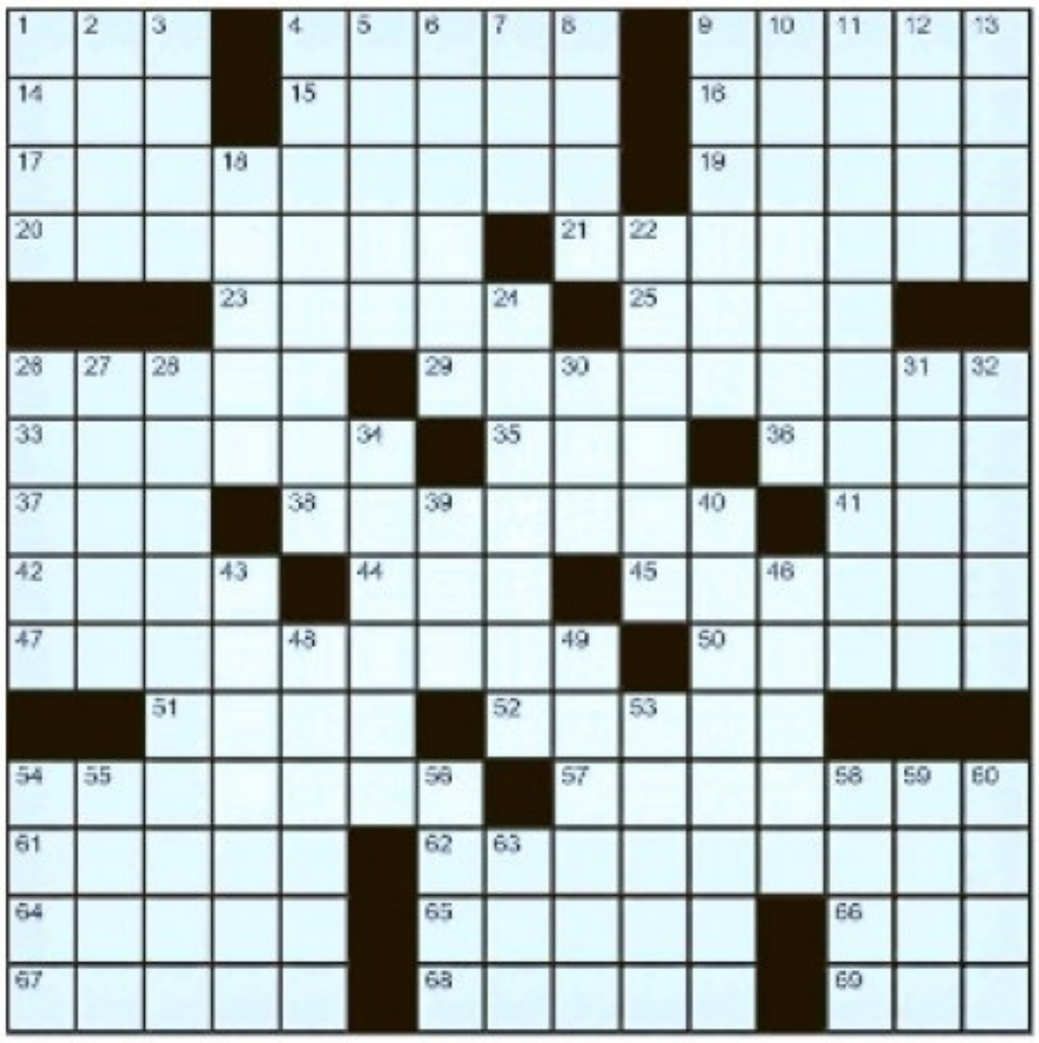
2. In the same pan, place a slice of bread and then cover the top with the shaved cheddar. Lay slice of apple atop cheese and then cap with the other slice of bread. Cook until the underside becomes a gold brown then flip.

3. Remove from the pan and serve when the cheese melts thoroughly and the top is also a golden brown. Repeat with other two slices of bread..

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Title for KFC's Sanders
4. 1917 Russia: Bolshevik Revolution leader Vladimir
9. Casual/noisy pants, for short
14. Stop __ _ dime
15. Sort of skirt
16. Halifax-based energy company
17. Whales that frequent #28-Down
19. "_ _ begin." (It's time we started this meeting)
20. "One of Us" by Joan __
21. Cultivation
23. Soup-server's scooper
25. Sir Coward of plays
26. Spherical
29. Standards measurer
33. How to tackle a problem: 2 wds.
35. Gunk
36. Cut-rate store event
37. "Judging __"
38. Antique purchase, _ _ desk
41. Mr. Bachman
42. Hilarious human
44. Kicker's prop
45. Canadian communications company
47. Do this in a facial to remove flakiness
50. Bull riding show place
51. Sea fluff
52. Snoozed
54. 'M' of RCMP
57. The Young Rascals hit in '67
61. Ms. Lennox of song
62. Existing in the mind only
64. Valuable mine deposits
65. Cyclades island in the Aegean Sea
66. __ up (Absorb)
67. Cheater's date
68. Seven, in Italy
69. Finish

DOWN
1. Salmon of the Pacific Northwest
2. Burden
3. _ and rice (Dog food flavour)
4. Government of Newfoundland & __
5. Antelope of Africa
6. In a fine manner
7. Calligrapher's supply
8. Cozy retreat
9. Yo-Yo Ma's instruments
10. Folded-over frying pan servings
11. Struck back
12. Shoppers Mart link
13. Mailing request, commonly
18. Maneuvered the gondola, say
22. _ carpets
24. New arrivals in the aerie
26. Chicago airport
27. Song's disco-y version
28. Where the world's highest recorded tides are situated, between New Brunswick and Nova Scotia: 3 wds.
30. Deteriorate
31. County in Ireland
32. Ashton Kutcher TV role
34. Guess Who tune: 2 wds.
39. Ms. Michele
40. Marine mammal on a mission?
43. Canada's two dollar coins
46. Boarded the bus: 2 wds.
48. Most recent
49. Jazz music siblings, Les & Larry __
53. Grain fungus
54. Retro milkshake
55. _ _ about (Circa)
56. Chips go-withs
58. Bouquet holder
59. Laundry room appliance
60. Big Apple force [acronym]
63. Ms. West

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next several months, you will be looking good. This is an excellent time to buy wardrobe treasures. Enjoy shopping. (Keep your receipts.)

Taurus April 21 - May 21
Many of you might be involved in a secret love affair for the next several months. You definitely are doing something behind the scenes that pleases you.

Gemini May 22 - June 21
Friendships with creative, artistic people will be important to you this year. In fact, it's a good time to make new friends.

Cancer June 22 - July 23
A romance with a boss might begin for some of you. (This is possible for the next four months.) Meanwhile, others will want your creative advice about things.

Leo July 24 - Aug. 23
Travel for pleasure appeals to you during the next few months. You want a little adventure and a chance to get away for fun!

Virgo Aug. 24 - Sept. 23
Your relationship with romantic partners will be affectionate and cozy during the next few months. This also is a good time to benefit from the wealth and resources of others.

Libra Sept. 24 - Oct. 23
You will improve your relationships with partners and close friends this year, because Venus will be opposite your sign for most of the time until June. This is great news!

Scorpio Oct. 24 - Nov. 22
For the next few months, work on ways to make your workplace feel and look more attractive. Many of you will get a raise or praise as well. Looking good!

Sagittarius Nov. 23 - Dec. 21
This year you'll have lovely romantic possibilities and opportunities. This lovely blessing will last for the next four months.

Capricorn Dec. 22 - Jan. 20
Many of you are involved in redecorating projects at home because you want your place to be more attractive. The next few months also are a great time to entertain at home.

Aquarius Jan. 21 - Feb. 19
Life is good. During the next few months, you will see how much love there is in your daily world. It might amaze you.

Pisces
Feb. 20 - March 20
Look for ways to boost your income during the next few months, because they do exist. (Mind you, you also will be spending money on beautiful things for yourself ones.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2			5	4		1	
5				1		4		6
							9	
					9			5
2	8			3			4	1
3			7					
	7							
1		9		7				2
	4		1	8			3	

©2014 Conceptis Puzzles, Ltd. by King Features Syndicate, Inc.

George Brown College Part-time Teaching Opportunities
- Refrigeration & Air Conditioning Mechanic
- HVAC Technician
- Building Renovation – Carpentry
- Steamfitting
- Gas Technician
- Plumbing
- Welding
- Millwright

Email cover letter and resume to: CCETHR@georgebrown.ca
Visit: www.georgebrown.ca/employment for more details.
GEORGE BROWN COLLEGE School of Apprenticeship & Skilled Trades

HIRING SEWING MACHINE OPERATORS AT CANADA GOOSE
Canada Goose is looking for experienced and inexperienced sewers ready to apply their skills to delivering unparalleled quality to our iconic Canadian brand. Our paid training program gives you the opportunity to become a skilled Sewer crafting luxury garments. You will play a critical role in producing Canada Goose outerwear meeting the high standards of quality Canada Goose is known for all over the world.
Please contact HR@canadagoose.com to submit your resume.

DOWNLOAD METRO'S NEW APP NOW
OFFLINE READING
•LOCAL NEWS • VIEWS •LIFE • SPORTS
>>>

SickKids®
Lottery

1 in 2 ODDS*

GRAND PRIZE $1 MILLION

WIN A PORSCHE
OR CHOOSE $75,000††

2017 PORSCHE 718 CAYMAN PDK
TOTAL PRIZE VALUE: $79,665‡

Dr. Ing. h.c. F. Porsche AG is the owner of numerous trademarks including without limitation Porsche®, Carrera®, 911™, and the distinctive shapes of the Porsche automobiles.

SICKKIDS LL # 8437, 50/50 LL# 8441

MET-P-OBC-LD-F3

LAST DAY!

HURRY! EARLY BONUS DEADLINE: MIDNIGHT, FEBRUARY 3, 2017

ORDER TODAY!
SICKKIDSLOTTERY.CA
1 888 240 5226 TORONTO (416) 386 4696

1 TICKET	$100	4 TICKETS	$250
2 TICKETS	$150	10 TICKETS	$500
3 TICKETS	$195	20 TICKETS	$900

ALSO PLAY 50/50 DRAW — CASH & TRIP CALENDAR

CALENDARLL# 8442

Minimum payout is $250,000.
SickKids 50/50 Draw tickets must be ordered in conjunction with SickKids Lottery tickets.

*All inquiries on 1 in 2 Odds are to be made to the licensee prior to the purchase of ticket(s). Any and all inquiries on the conduct, prizing and procedures of the Lottery are to be made to the Foundation prior to the purchase of ticket(s).
†† * ‡ See complete rules and regulations at SickKidsLottery.ca. Prizes may not be exactly as shown. SKLL# 8437. 50/50LL# 8441. CALENDARLL# 8442. Charitable Registration #10808 4419 RR0001.